

# 100 Life Skills in 100 Days



## Personal Development

- Apologize
- Braid hair
- Clip your toenails
- Shave
- Tie a tie
- Play poker
- Compliment someone
- Write a thank you note
- Paint something with a brush
- Restring a pulled out drawstring
- Identify 5 common tools and what they do
- Order at the drive thru for a car load of people
- Learn 4 common medications and what they treat
- Learn whom we honor on Memorial Day, Veterans Day and Armed Forces Day
- Ask someone to dance
- Memorize scripture
- Pray
- Read the Bible
- Sew a button
- Untangle a necklace

## Professional Development

- Balance your bank account
- Deposit a paycheck/check
- Fill out a job application
- Mail a package
- Schedule an appointment
- Make a simple monthly budget
- Learn about credit and interest
- Memorize your Social Security number
- Introduce yourself with a firm handshake & eye contact
- Calculate and leave a tip
- File taxes
- Open a bank account
- Register to vote
- Write a check

## In the Kitchen

- Chop an onion
- Grill meat
- Make a cake and frost it
- Make a cup of coffee
- Peel a potato
- Open a can with a manual can opener
- Cook an egg
- Make favorite recipe
- Make spaghetti
- Peel and devein shrimp
- Set the table

## Organization

- Book a flight
- Clean out your closet
- Drop off dry cleaning and give instructions
- List out your sizes for everything you wear
- Make grocery list
- Order flowers
- Plan a menu for a special meal
- Plan out a trip on a map
- Read a bus/train/subway schedule
- Wrap a present

## Cleanliness

- Mop
- Vacuum
- Iron a dress skirt
- Spin trim
- Change bed linens
- Change a diaper
- Change lightbulbs
- Clean the bathroom
- Clean the oven
- Clean the windows
- Fold towels and sheets
- Remove a stain
- Fix the toilet
- Shine a pair of shoes
- Use toilet plunger
- Change toilet paper roll
- Clean the lint out of the dryer
- Sort and run 2 loads of laundry
- Dust-blinds, fans, baseboards
- Unclog a drain-chemical and snake
- Load, run, and unload the dishwasher

## Handiness

- Learn CPR
- Mow the yard
- Plant something
- Trim hedges
- Pull weeds
- Identify poison ivy
- Change a tire
- Check tire pressure
- Jump start a car
- Fill up the car with gas
- Check oil level in car
- Wash and wax the car
- Change out windshield wipers
- Reattach the towel bar
- Remove a splinter
- Spray paint something
- Learn to use a can of fix-a flat
- Bait a hook and catch a fish
- Build a campfire/fire in fireplace
- Spray a squeaky hinge with WD 40
- Identify the snakes common in your area
- Hang a shower curtain with a tension bar
- Use a fire extinguisher or at least learn how