

The Adulting Starter Pack

— Three questions that make life manageable. —



1. What do I have?

Know your income, bank balance, key documents, insurance, transportation, and support contacts.



2. What do I owe?

Track rent, utilities, debt payments, subscriptions, taxes, and deadlines.



3. What do I need to do next?

Identify the next bill, appointment, repair, application, or follow-up.



Dad's Quick Take: Handle the next right thing.