



TOOLKIT

The Adulting Master Checklist

The one-page scan of whether the basics are handled. Check each as it's true.

Area	Must-Have Habit	Done
Money	Know what comes in, what goes out, and what's left.	<input type="checkbox"/>
Bills	Set due-date reminders or autopay for essentials.	<input type="checkbox"/>
Savings	Build at least a starter emergency fund.	<input type="checkbox"/>
Work	Keep a current resume and professional email templates.	<input type="checkbox"/>
Housing	Read leases and document move-in condition.	<input type="checkbox"/>
Transportation	Maintain the car or transit plan before it breaks.	<input type="checkbox"/>
Health	Know your plan, doctors, pharmacy, and key terms.	<input type="checkbox"/>
Documents	Keep IDs, tax forms, insurance, and lease in one place.	<input type="checkbox"/>
Food	Have a grocery list and three easy meals you can cook.	<input type="checkbox"/>
Cleaning	Do small chores before they become recovery projects.	<input type="checkbox"/>
Communication	Respond clearly, politely, and on time.	<input type="checkbox"/>

★ **Dad's Quick Take:** You don't need all of these today. You need to keep handling the next one.