

Life Skills Roadmap Toolkit: Preparing to Age Out of Foster Care

6-Month Pre-Transition Timeline

Month 1-2:

- Meet with a life coach or counselor to set transition goals.
- Begin building a personal document binder (ID, Social Security card, medical records).
- Start learning basic budgeting skills.

Month 3-4:

- Research housing options and understand lease agreements.
- Apply for jobs or internships; prepare resume and practice interviews.
- Create a weekly meal plan and grocery list.

Month 5-6:

- Secure housing and essential furnishings.
- Set up banking and direct deposit.
- Confirm health care providers and set any needed appointments.

Life Skills Checklists

Financial Skills:

- Create a personal budget
- Open a checking/savings account
- Understand credit scores

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Housing Skills:

- Read and understand a lease
- Set up utilities
- Maintain a clean, safe space

Job Skills:

- Write a resume
- Apply for jobs
- Dress appropriately for interviews

Self-Reflection Journal Prompts

- What does independence mean to me?
- What fears do I have about living on my own?
- What support systems do I already have?
- What kind of life do I want to build in the next year?

Important Contacts Tracker

Fill in with names and phone numbers:

- Caseworker
- Life Coach/Mentor
- Doctor
- Dentist
- Emergency Contact
- Landlord

Goal-Setting Worksheet

Emergent Life Skills and Education Consulting

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Short-Term Goals (next 3 months):

- 1.
- 2.
- 3.

Long-Term Goals (next 1-2 years):

- 1.
- 2.
- 3.

Steps I can take this week:

- 1.
- 2.
- 3.

