



- Find a safe, stable living arrangement for at least one year
- Figure out how much money it will take to live on your own and if you can afford it
- Find reliable transportation arrangements
- Have reliable access to internet and phone
- Build life skills
 - Housekeeping
 - Hygiene, health and nutrition
 - Food preparation
 - Know how to send snail mail
 - Know your rights
- Build financial skills
 - Create a budget and stick to it
 - Keep your bills organized and pay them on time
 - Know the basics of banking, checking accounts, savings accounts, etc.
 - Learn how loans and credit cards work
 - Know what a credit score is and what your score is
 - Know about filing taxes and whom to ask for help
 - Protect yourself from theft and fraud
- Build interpersonal skills
 - Establishing positive relationships with others
 - How to manage stress
 - How to make decisions
 - Learn healthy communication skills
- Build professional skills
 - How to search for jobs
 - Professional behavior expectations
 - Building a resume
- Know where to access resources
 - Health care
 - Mental health care
 - Housing resources
 - Legal resources
 - Local spaces: library, post office, shelters, food banks, churches, police stations
- Collect and keep records
 - Proof of identity, social security card, birth certificate, license or ID, passport
 - Proof of address
 - Immunization and medical records
- Get to know yourself
 - What are your interests?
 - What is your spirituality?
 - What are your hobbies and pass times?