

Adulting Checklist

→ CREATE GOALS

- Professional goals
- Personal goals

→ STOP BEING REACTIVE

- Take responsibility for your actions
- Stop blaming others
- Learn from your mistakes
- Stick to your values
- Learn to recognize your emotions

→ BUDGET, SAVE, AND INVEST

- Spend less than you make
- Distinguish wants from needs
- Ensure your spending habits align with your long term goals
- Build an emergency fund

→ TAKE AN ACTIVE APPROACH TO PROPER HEALTH

- Eat healthy food, exercise, tend to your hygiene
- Attend all necessary doctor and dentist appointments as directly
- Gain an understanding of health insurance

→ TAKE CARE OF YOUR BELONGINGS

- Schedule regular preventative maintenance of all large appliances and your vehicle
- Deep clean your house, car, and office at least once a quarter
- Maintain your yard, gutters, filters, etc.
- Take care of your clothes and store them properly
- Address issues that come up sooner rather than later so they don't become unfixable

→ RESIST INSTANT GRATIFICATION

- Understand cause and effect and apply this concept when you're making your choices
- Make intentional decisions with the future in mind
- Resist the urge to act impulsively