

# Life Skills Reflection Worksheets

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**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Directions:** Look at the skills you said you “Needs Help Doing” or “Wants to Learn.” Pick one skill that you want to get better at. Use this page to make a plan to help you reach your goal.

## 1. What skill do you want to get better at?

I want to learn how to:

*Example: I want to learn how to make my lunch by myself.*

## 2. What does it look like when you can do it?

I will know I can do it when:

*Example: I can make my lunch by myself.*

### **3. Let's work backwards! What are 3 steps to help you get there?**

Step 3 (last step):

*(This is your goal – when you can do the skill by yourself)*

Step 2 (almost there):

*(What can you practice before you do the whole thing?)*

Step 1 (first step):

*(What's the first small thing you can try?)*

### **4. Who can help you?**

I can ask \_\_\_\_\_ to help me.

### **5. When will you start?**

I will start on:\_\_\_\_\_.

### **Done! You made a plan!**

You can check back later to see how you're doing and make new goals when you're ready.