



✓ Adulting Checklist

Because growing up isn't about having it all together—it's about learning as you go

Personal Basics

- ☐ Know your full legal name, birthdate, and social security number
- ☐ Keep a copy of your ID, insurance card, and important documents
- ☐ Schedule your own appointments (doctor, dentist, etc.)
- ☐ Know how to refill prescriptions and track health needs
- ☐ Understand basic rights (tenant, worker, student)

Money Management

- ☐ Create and follow a monthly budget
- ☐ Track income, expenses, and savings
- ☐ Know how to use a debit card, credit card, and bank app
- ☐ Pay bills on time (rent, phone, subscriptions)
- ☐ File taxes or know where to get help
- ☐ Start an emergency fund—even \$10/month counts

Home & Hygiene

- ☐ Do laundry: sort, wash, dry, fold, repeat
- ☐ Clean a bathroom, kitchen, and shared space
- ☐ Grocery shop with a list and budget
- ☐ Cook 3+ basic meals without a recipe
- ☐ Change sheets, take out trash, and restock supplies
- ☐ Know how to unclog a toilet or reset a breaker

Communication & Boundaries

- ☐ Make phone calls for appointments, jobs, or questions
- ☐ Write a professional email
- ☐ Set boundaries with roommates, family, and work

- ☐ Ask for help when needed—without guilt
- ☐ Say “no” respectfully and confidently
- ☐ Advocate for yourself in school, work, or healthcare

Mental Health & Self-Care

- ☐ Recognize signs of stress, anxiety, or burnout
- ☐ Use coping strategies (journaling, movement, breathing)
- ☐ Schedule downtime and rest
- ☐ Know how to find a therapist or support resource
- ☐ Practice self-compassion and realistic expectations
- ☐ Celebrate small wins and progress

Printable Ideas to Pair With This Guide

- “Adulting Bingo”
- “Life Skills Tracker”
- “Budget Builder” worksheet
- “Meal Planning for Mortals” scroll
- “Boundary Scripts” card set
- “Emergency Info Card” for wallet or phone

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