



Mission Prep and Life Skills Checklist

Achievements on or before the Age of 8

- Appropriately greet people, make and answer phone calls, and converse politely with others.
- Be baptized and receive the gift of the Holy Ghost
- Dress yourself and select appropriate clothing
- Establish habit of daily prayers morning and night
- Know basic gardening skills (planting, weeding, etc.)
- Learn how to ride a bike
- Read The Book of Mormon illustrated stories
- Receive allowance for chores and budget money
- Start saving for a mission - piggy bank
- Use basic personal hygiene (teeth, hair, shower, deodorant, etc.)

Achievements between Age of 8 and 11

- Establish habit of writing in personal journal
- Get up in the morning by yourself at a set time
- Know how to sew buttons and hems
- Know how to use the stove, oven, and microwave
- Know how to write a letter and how to read cursive
- Learn basic first aid
- Learn to type and be comfortable with computers
- Make own breakfast and lunch on a regular basis
- Mow lawn and do other yard work
- Overnight experience away from home and family
- Receive Faith in God Award
- Regularly help clean the kitchen (wash dishes, load/unload dishwasher, clean stove, etc.)
- Regularly help do your own laundry
- Regularly help with household chores like cleaning bathroom, mopping, vacuuming, and emptying trash
- Understand puberty and sex and maturation topics

Achievements for Age 12

- Begin doing family history research or indexing
- Establish a habit of reading the scriptures daily
- Establish a regular exercise program
- Give a Sacrament Meeting Talk
- Go to the temple and do baptisms for the dead
- Have \$150 dollars saved for mission
- Keep bedroom clean and organized
- Keep daily schedule and personal calendar
- Learn home maintenance skills like hammering nails and using a power drill, and identify common tools
- Read Book of Mormon completely through
- Receive Aaronic Priesthood or Enter Young Women's
- Receive First Class Boy Scout rank
- Spend week away from home and family (e.g. camp)

Achievements for Age 13

- Be able to follow recipes and make several meals
- Can shop for groceries and check out at store
- Get a savings account with a bank
- Have \$300 dollars saved for mission
- Learn advanced first aid and get certified for CPR
- Learn meat-handling rules and proper food storage
- Receive Star Rank in Boy Scouts
- Show proper social etiquette, respect for adults and consideration of others' property
- Understand basic nutrition and healthy eating habits
- Understand prescription drugs and OTC drugs
- Use a camera and send pictures electronically
- Use e-mail to communicate with family and friends

Achievements for Age 14

- Be able to buy and sell items on the internet
- Begin attending Seminary and learning Scripture Mastery verses
- Have \$600 dollars saved for mission
- Know how to paint interior/exterior walls of the home
- Learn basic principles of government and civic duties
- Prepare a meal for the family or a large group
- Receive Life Rank in Boy Scouts
- Talk to a neighbor or friend about the gospel
- Teach lessons for FHE from Preach my Gospel
- Understand about debit and credit cards

Achievements for Age 15

- Have \$1,200 dollars saved for mission
- Understand basics of car operation / maintenance

Achievements for Age 16

- Be able to make and keep a doctor appointment
- Get a checking account and learn to use an ATM
- Get a driver's license and use it
- Have \$2,400 dollars saved for mission
- Have practice doing basic home maintenance / repairs
- Know how to change a car tire and accident protocols
- Know how to take a bus or mass transit
- Pay for some things like your clothes and cell phone
- Practice interviewing for a job and get one
- Receive Eagle Rank in Boy Scouts
- Understand monthly household bills (mortgage, utilities, insurance, etc.)

Achievements for Age 17

- Have \$4,800 dollars saved for mission
- Receive Duty to God /Young Womanhood Recognition

Achievements for Age 18

- Have \$9,600 dollars saved for mission
- Temple preparation class and/or book
- Young men receive the Melchizedek Priesthood

Mission Prep and Life Skills Checklist

Sorted by Category then Age

Church Programs

- Receive Faith in God Award
- Receive Aaronic Priesthood or Enter Young Women's
- Receive First Class Boy Scout rank
- Receive Star Rank in Boy Scouts
- Receive Life Rank in Boy Scouts
- Receive Eagle Rank in Boy Scouts
- Receive Duty to God /Young Womanhood Recognition
- Young men receive the Melchizedek Priesthood

Finances

- Receive allowance for chores and budget money
- Start saving for a mission - piggy bank
- Have \$150 dollars saved for mission
- Get a savings account with a bank
- Have \$300 dollars saved for mission
- Be able to buy and sell items on the internet
- Have \$600 dollars saved for mission
- Understand about debit and credit cards
- Have \$1,200 dollars saved for mission
- Get a checking account and learn to use an ATM
- Have \$2,400 dollars saved for mission
- Pay for some things like your clothes and cell phone
- Understand monthly household bills (mortgage, utilities, insurance, etc.)
- Have \$4,800 dollars saved for mission
- Have \$9,600 dollars saved for mission

Food Prep Skills

- Know how to use the stove, oven, and microwave
- Make own breakfast and lunch on a regular basis
- Be able to follow recipes and make several meals
- Learn meat-handling rules and proper food storage
- Understand basic nutrition and healthy eating habits
- Prepare a meal for the family or a large group

Household Chores and Maintenance

- Know basic gardening skills (planting, weeding, etc.)
- Mow lawn and do other yard work
- Regularly help clean the kitchen (wash dishes, load/unload dishwasher, clean stove, etc.)
- Regularly help do your own laundry
- Regularly help with household chores like cleaning bathroom, mopping, vacuuming, and emptying trash
- Keep bedroom clean and organized
- Learn home maintenance skills like hammering nails and using a power drill, and identify common tools
- Can shop for groceries and check out at store
- Know how to paint interior/exterior walls of the home
- Have practice doing basic home maintenance / repairs

Personal Development

- Appropriately greet people, make and answer phone calls, and converse politely with others.
- Dress yourself and select appropriate clothing
- Use basic personal hygiene (teeth, hair, shower, deodorant, etc.)
- Get up in the morning by yourself at a set time
- Know how to sew buttons and hems
- Know how to write a letter and how to read cursive
- Learn basic first aid
- Overnight experience away from home and family
- Understand puberty and sex and maturation topics
- Establish a regular exercise program
- Keep daily schedule and personal calendar
- Spend week away from home and family (e.g. camp)
- Learn advanced first aid and get certified for CPR
- Show proper social etiquette, respect for adults and consideration of others' property
- Understand prescription drugs and OTC drugs
- Learn basic principles of government and civic duties
- Be able to make and keep a doctor appointment
- Practice interviewing for a job and get one

Spiritual Progress

- Be baptized and receive the gift of the Holy Ghost
- Establish habit of daily prayers morning and night
- Read The Book of Mormon illustrated stories
- Establish habit of writing in personal journal
- Begin doing family history research or indexing
- Establish a habit of reading the scriptures daily
- Give a Sacrament Meeting Talk
- Go to the temple and do baptisms for the dead
- Read Book of Mormon completely through
- Begin attending Seminary and learning Scripture Mastery verses
- Talk to a neighbor or friend about the gospel
- Teach lessons for FHE from Preach my Gospel
- Temple preparation class and/or book

Tech Savvy

- Learn to type and be comfortable with computers
- Use a camera and send pictures electronically
- Use e-mail to communicate with family and friends

Transportation

- Learn how to ride a bike
- Understand basics of car operation / maintenance
- Get a driver's license and use it
- Know how to change a car tire and accident protocols
- Know how to take a bus or mass transit