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
☐ 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
☐ 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
☐ Spend week away from home and family (e.g. camp)
☐ Have $100 dollars saved for mission

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
☐ Learn advanced first aid and get certified for CPR
☐ Learn meat-handling rules and proper food storage
☐ 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
☐ Have $300 dollars saved for mission

Achievements for Age 14
☐ Be able to buy and sell items on the internet
☐ Begin attending Seminary and learning Scripture Mastery verses
☐ 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
☐ Talk to a neighbor or friend about the gospel
☐ Teach lessons for FHE from Preach my Gospel
☐ Understand about debit and credit cards
☐ Have $700 dollars saved for mission

Achievements for Age 15
☐ Understand basics of car operation / maintenance
☐ Have $1,500 dollars saved for mission

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 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
☐ Understand monthly household bills (mortgage, utilities, insurance, etc.)
☐ Have $3,000 dollars saved for mission

Achievements for Age 17
☐ Know how to turn on/off utilities (gas/electricity/water)
☐ Have $6,000 dollars saved for mission

Achievements for Age 18
☐ Temple preparation class and/or book
☐ Young men receive the Melchizedek Priesthood
☐ Have $12,000 dollars saved for mission