

Life Skills Check-In

This activity will help you to reflect upon and map out your life skills. Life Skills are the mental processes that enable you to manage the different situations. You lean on these skills to continue to build your resilience and bounce forward.

Take the time to carefully consider the **A** and **B** statements along each row.

For each statement, select the response that best reflects the frequency of each statement apply to you today. We encourage you to make notes if you have a specific example in mind.

			Always	Often	Sometimes	Rarely	Never
1	My awareness level	A	I recognize when I get through something difficult.				
		B	I find it difficult to realize how my behaviour contributes to a situation.				
Notes:							
2	My ability to regulate emotions	A	I am confident in my ability to regulate my emotions.				
		B	When I experience strong emotions, I find it challenging to move on.				
Notes:							
3	My capacity to adapt emotionally	A	When situations change, although emotions are present, I can think before acting.				
		B	When situations change, emotions overwhelm me.				
Notes:							

Life Skills Check-In

			Always	Often	Sometimes	Rarely	Never
4	My working memory	A	I feel good about remembering instructions for something I need to do.				
		B	I have a hard time remembering the steps of tasks I need to do.				
Notes:							
5	My motivation level	A	I feel motivated to start the “must-do” tasks in my life.				
		B	It is challenging for me to get started on my “must-do” tasks in my life.				
Notes:							
6	My ability to plan and organise	A	I feel good at organising my responsibilities, delegating as appropriate, and prioritizing my tasks.				
		B	Prioritizing and fulfilling my responsibilities is challenging.				
Notes:							

Life Skills Check-In

			Always	Often	Sometimes	Rarely	Never
7	My ability to find solutions.	A When a problem arises, I feel confident I will be able to address it as best as possible.					
		B When a problem arises, I feel rattled as I don't know where to start or who to ask for help.					
Notes:							

Total: Add together the number of times you selected **Always** or **Often** for each category:

Total A:	
Total B:	

What does this mean for you:

The more A statements applies to you, the more stressors can be present on your teeter totter, and it remains positive.

The more B statements apply to you, the more positive supports you need to keep your teeter totter leaning positive.

Each day is different, and each situation will challenge, or be facilitated by, a different life skill. Accessing resources that can support a specific life skill may be helpful to you. Feel free to use the other resilience resources to help you reflect on where you are at on helpfordementia.ca . You will find suggestions of resources to match your life skills needs.