



# S.O.S Life Skills 101



DEBT

SEWING

HOUSING

FINANCES - WHAT IT COSTS TO SURVIVE

COOKING

THANK YOU NOTES

DATING / MARRIAGE

PARTY PLANNING

GAME OF LIFE

STUDENT LOANS

DREAM VACATIONS

MONEY WASTED / FRIVOLOUS SPENDING

CAREERS

IRONING / BASIC TOOLS

W-2, W-4, TAX RETURNS

DIVORCE / "SPLIT"

CONTAINER GARDENING

GRATITUDE

GOD'S WILL

DIET / FITNESS

MEETING NEW PEOPLE / MAKING FRIENDS

IMPORTANCE OF THE SIGNATURE

KEEPING COMMITMENTS

MENTORS

INTERNET SAFETY

IMPORTANCE OF RSVP

FOUNDATIONS

GIVING / CHARITY

GROWING UP GOALS

WORKING HARD

LAUNDRY

BUYING A CAR

CREDIT CARDS

STORIES OF MENTAL ILLNESS

HOW TO BE ALL YOU CAN BE

LETTERS TO TEACHERS

**DO YOUR BEST EVERYDAY AT EVERY JOB**