



# Your Independent Living Skills Workbook

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**Hi, I'm Tracy Hester, founder of Empowered Living.**

I created this workbook to help you reflect on your current independent living skills.

For each skill, select the option that best describes your current level of independence. Everyone builds independence at their own pace, so be honest with your responses. The goal is to recognize your strengths and identify the skills you'd like to continue building over time.



## A Note About This Workbook

This workbook highlights a selection of independent living skills to help you reflect on your strengths and identify opportunities for growth.

As you complete the workbook, remember that independence doesn't always mean doing everything completely on your own. Often, the next step is becoming less dependent on another person by using tools and strategies that help you succeed independently. For example, if you currently rely on someone to remind you to complete a task, you might try using an alarm, calendar reminder, visual schedule, or checklist instead. These supports help build routines that increase confidence and independence over time.

This workbook introduces just a few of the practical strategies explored in Empowered Living Foundations, where participants learn to build routines, use everyday tools, and develop systems that support greater independence.

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## Daily Living

| Skill                               | By Myself | With an Audio or Visual Reminder | With a Verbal Reminder | After Someone Shows Me | Someone Else Does This for Me |
|-------------------------------------|-----------|----------------------------------|------------------------|------------------------|-------------------------------|
| Wake up using an alarm              |           |                                  |                        |                        |                               |
| Get dressed appropriately           |           |                                  |                        |                        |                               |
| Complete daily hygiene routines     |           |                                  |                        |                        |                               |
| Prepare a simple breakfast or snack |           |                                  |                        |                        |                               |
| Prepare a simple lunch or dinner    |           |                                  |                        |                        |                               |
| Do my own laundry                   |           |                                  |                        |                        |                               |
| Clean my bedroom                    |           |                                  |                        |                        |                               |
| Help clean and maintain my home     |           |                                  |                        |                        |                               |

### Reflect

One daily living skill I feel confident completing independently:

One daily living skill I'd like to become more independent with:



### Try This

Choose one daily living task to complete more independently this week. If you need support, try using an alarm, checklist, or visual reminder before asking someone else for help.



## Food & Shopping

| Skill                                         | By Myself | With an Audio or Visual Reminder | With a Verbal Reminder | After Someone Shows Me | Someone Else Does This for Me |
|-----------------------------------------------|-----------|----------------------------------|------------------------|------------------------|-------------------------------|
| Know where to buy hygiene and self-care items |           |                                  |                        |                        |                               |
| Make a grocery list                           |           |                                  |                        |                        |                               |
| Shop for groceries (in person or online)      |           |                                  |                        |                        |                               |
| Safely use kitchen appliances                 |           |                                  |                        |                        |                               |

### Reflect

One food or shopping skill I feel confident completing independently:

One food or shopping skill I'd like to become more independent with:



### Try This

Plan one simple meal or snack you can prepare independently this week. Before your next grocery trip, make a shopping list for three items you need.



## Health & Safety

| Skill                           | By Myself | With an Audio or Visual Reminder | With a Verbal Reminder | After Someone Shows Me | Someone Else Does This for Me |
|---------------------------------|-----------|----------------------------------|------------------------|------------------------|-------------------------------|
| Take medications as prescribed  |           |                                  |                        |                        |                               |
| Refill prescription medications |           |                                  |                        |                        |                               |
| Know basic first aid            |           |                                  |                        |                        |                               |
| Know emergency contacts         |           |                                  |                        |                        |                               |
| Have personal safety strategies |           |                                  |                        |                        |                               |
| Stay safe on the internet       |           |                                  |                        |                        |                               |
| Recognize common scams          |           |                                  |                        |                        |                               |

### Reflect

One health or safety skill I feel confident completing independently:

One health or safety skill I'd like to become more independent with:



### Try This

Save an important phone number in your phone or write down an emergency contact if you haven't already.



## Money Management

| Skill                                  | By Myself | With an Audio or Visual Reminder | With a Verbal Reminder | After Someone Shows Me | Someone Else Does This for Me |
|----------------------------------------|-----------|----------------------------------|------------------------|------------------------|-------------------------------|
| Check my bank account regularly        |           |                                  |                        |                        |                               |
| Follow a budget                        |           |                                  |                        |                        |                               |
| Track my income, expenses, and savings |           |                                  |                        |                        |                               |
| Pay bills on time                      |           |                                  |                        |                        |                               |
| Contribute to household expenses       |           |                                  |                        |                        |                               |

### Reflect

One money management skill I feel confident completing independently:

One money management skill I'd like to become more independent with:



### Try This

Write down one way you received money this week (paycheck, benefits, or allowance) and one thing you spent money on:

I received money through

I spent money on

What did you notice?



## Community Participation & Self-Advocacy

| Skill                                                      | By Myself | With an Audio or Visual Reminder | With a Verbal Reminder | After Someone Shows Me | Someone Else Does This for Me |
|------------------------------------------------------------|-----------|----------------------------------|------------------------|------------------------|-------------------------------|
| Travel safely in my community                              |           |                                  |                        |                        |                               |
| Arrange my own transportation                              |           |                                  |                        |                        |                               |
| Make my own doctor or dental appointments                  |           |                                  |                        |                        |                               |
| Communicate my needs and ask for help when needed          |           |                                  |                        |                        |                               |
| Understand the responsibilities of signing legal documents |           |                                  |                        |                        |                               |
| Participate in elections or vote                           |           |                                  |                        |                        |                               |

### Reflect

One community or self-advocacy skill I feel confident completing independently:

One community or self-advocacy skill I'd like to become more independent with:



### Try This

Make one phone call this week to schedule an appointment, ask a question, or request information. If you need support, write down what you'd like to say and practice before making the call.



## Your Next Steps

Building independence happens one skill at a time. Celebrate your strengths, choose one or two skills to focus on next, and remember that every small step forward is progress.



### Celebrate Your Progress

Three skills I'm proud of:

1.

2.

3.



### My Independence Goals

One skill I'll focus on this month:

One small step I can take this week:

Who can support me along the way?



# About Empowered Living

## *Fostering Independence, One Skill at a Time*

With more than 15 years of experience as a special education teacher, transition specialist, curriculum developer, and advocate, I founded Empowered Living to help adults build the skills, confidence, and self-advocacy needed for greater independence.

I believe independence looks different for everyone. It is built through learning, practice, problem-solving, and opportunities to apply skills in meaningful, real-world situations.

My role is not to do things for people, but to teach, encourage, and provide the tools and strategies that help individuals achieve their own goals with confidence, dignity, and pride.

### Are You Ready to Continue Building Independence?

If you'd like additional support, Empowered Living offers:

**Empowered Living Foundations** – An 8-week virtual program focused on practical, everyday independent living skills

**Independent Living Coaching** – Personalized support tailored to your individual goals and daily life

**Parent & Family Consultation** – Practical guidance for parents and family members to support greater independence

Remember: Independence isn't about doing everything alone. It's about building the skills and confidence to do more for yourself, one skill at a time.

Learn more at: [EmpoweredLivingOC.com](https://EmpoweredLivingOC.com)