

Free life skills worksheets for young adults: Version 2

- Stress Management, learn simple stress management and distractive techniques to manage daily life stressors.
- Learn to say no when someone tries to burden you or bug you.
- Don't be aggressive but be assertive.
- Learn to empathise with people around you, try to understand their perspectives, and put yourself in their shoes.
- Problem-solving is a skill to solve problems and find solutions to common problems or issues that arise in our daily lives.
- Learn to take criticism and negative feedback from your peers.
- It is okay if you are wrong but try to take the criticism positively so that you learn from it.
- Learn to be respectful towards others and people around you.
- Accept individual differences, and learn to respect everyone despite their caste or colour.
- Carefully listen to what others say to you.
- Be confident in what you say and own it.
- Try to avoid giving lengthy statements. It makes the other person lose interest.
- Understand that others have different points of view than you. It doesn't mean they are wrong; they are just different from you, so accept their opinions without judging them.

- Convey your opinions and stand up for your rights while respecting others
- Conflict resolution, don't be too emotional in life.
- Think and take decisions from your mind.
- Do shopping and try to live independently.
- Save money and be financially stable.