

Getting Ready to Move

My comfort level with moving is:

1 2 3 4 5 6 7 8 9 10

What can I do to help increase my comfort level?

How do I feel about my 1st night in my apartment?

Very Nervous Slightly Nervous Indifferent Excited Super Excited

What can I do to help increase my comfort level?

I rate my skill at

	1	2	3	4	5	6	7	8	9	10
Paying rent on time and in full										
Cooking										
Cleaning										
Grocery Shopping										
Budgeting										
Problem solve issues that may come up financially										
Problem solve issues with my tenancy										
Set boundaries with friends and family										
Manage my medication										
Follow Doctors directions										
Make appointments										
Travel on the transit system										
Maintain my apartment										

What can I do to help increase my skills?
