



Practical Life Checklist for Adults

(Not a to-do list — a “life practice” list.)



CARE OF SELF

- Maintain consistent morning and evening routines
- Dress in clothing that supports comfort and dignity
- Eat meals without multitasking when possible
- Drink water regularly throughout the day
- Practice personal hygiene with care and attention
- Move my body intentionally (walk, stretch, breathe)
- Allow adequate rest and sleep
- Notice body cues (hunger, fatigue, tension)
- Attend to health appointments as needed



CARE OF THE HOME ENVIRONMENT

- Make the bed daily or restore sleeping area
- Wash dishes thoroughly and return them to order
- Clean kitchen surfaces after use
- Complete laundry from start to finish
- Maintain clear pathways and functional spaces
- Put items back where they belong
- Open windows or refresh air regularly
- Tend plants or living elements
- Reset the home at the end of the day



FOOD PREPARATION & NOURISHMENT

- Plan meals simply and realistically
- Shop for food with intention
- Wash and prepare ingredients mindfully
- Cook using whole or nourishing foods
- Set the table with care
- Sit down to eat when possible
- Clean the kitchen completely after meals
- Store leftovers neatly and label if helpful

CARE OF OTHERS

- Offer help without taking over
- Prepare food or drinks for others
- Listen without interrupting
- Speak calmly and respectfully
- Follow through on commitments
- Model patience and courtesy
- Support independence in children or adults
- Offer encouragement rather than correction

CARE OF THE COMMUNITY

- Maintain shared spaces respectfully
- Return borrowed items promptly
- Participate in community responsibilities
- Recycle and compost mindfully
- Support local resources when possible
- Leave spaces better than I found them
- Practice kindness in public interactions

ORDER & ORGANIZATION

- Maintain a functional calendar system
- Review upcoming commitments weekly
- Keep important papers organized
- Maintain a simple financial overview
- Declutter one small area regularly
- Reduce unnecessary possessions
- Create predictable rhythms for the week
- Simplify where possible



CONCENTRATION & WORK HABITS

- Begin tasks with clarity of purpose
- Complete one task at a time
- Work without unnecessary interruption
- Finish tasks before starting new ones
- Use tools and materials with care
- Clean up workspaces after use
- Allow transition time between activities
- Practice slow, deliberate movements



GRACE & COURTESY (ADULT LEVEL)

- Greet others warmly
- Use respectful language
- Express gratitude regularly
- Apologize and repair when needed
- Speak honestly and kindly
- Maintain healthy boundaries
- Accept differences without judgment
- Contribute to peace in my relationships



REFLECTION & INNER ORDER

- Spend time in quiet or silence
- Reflect on the day without criticism
- Notice what is working well
- Release what is unnecessary
- Practice gratitude
- Adjust rhythms gently when needed

✨ How to Use This Checklist

Do not try to do all of this.

Instead:

- Choose **one or two areas per week**
 - Observe without judgment
 - Adjust the environment before adjusting yourself
 - Aim for **consistency over intensity**
 - Remember: *practical life supports the soul*
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A Reminder for Adults

Practical Life is not about being perfect.
It is about being capable.

It is not about doing more.
It is about doing what matters — with care.
