



Project 18 Checklist: 18 Lessons to Teach Your Kids Before 18

We all want our kids to have a solid foundation of faith, values, confidence & skills to live their lives to their fullest potential, so this checklist was developed to help you keep track of all the things your child needs to know BEFORE they leave the house and go off to college or whatever they choose as their next step!

YOU don't have to teach everything yourself, just ensure they are taught the lessons; it's up to you who, what, when & how they are taught.

If your children thoroughly learn everything in this checklist, then they have a very good chance to thrive well into adulthood and they will pass everything they were taught onto their kids, your grandchildren!

Train up a child in the way they should go and when they are old they will not depart from it!
-Proverbs 22:6

Your kids are your legacy & what you pour into them will live on long after you are gone! Get started today leaving a legacy for this generation and generations to come!

Date: _____

Childs Name: _____

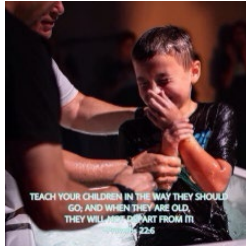
Dads Signature: _____

Moms Signature: _____

Print off a separate checklist for each child!

Project 18 Checklist

Lesson#1-Faith: You are responsible for teaching your kids spiritual truths & passing on your faith not the Church



Sub-Lessons:

- Creation, the Fall and Redemption
- The 10 Commandments
- How to understand & navigate the Bible
- How to pray (P.R.A.Y.)
- How to “Guard Their Hearts”
- The Gospel & Salvation (John 3)
- Apologetics (Defending the Faith)
- Spiritual Disciplines
- Evangelism-How to share your faith
- Baptism, What is it, Why do it?
- Service: How to serve inside & outside the Church
- The Great Commission & Purpose
- What happens after death
- Other: _____

Resources:

www.focusonthefamily.com

Bible App for Kids



Enroll Your Kids in Lifewise Academy: www.lifewise.org

Lesson#2-Family Values: Parents, you are your kids most influential role models, they are watching & listening to YOU, they will learn their values from you. Make sure you walk the talk while teaching them these values.



Sub-Lessons:

- Integrity & Honesty
- Courage
- Manners (Manners Maketh The Man)
- Gratitude
- Honor & Respect
- Humility (Good Sportsmanship)
- Empathy
- Sharing
- Inclusiveness
- Stewardship (Take Care Of What You Own)
- Healthy Boundaries (Assertiveness)
- The Golden Rule
- Love
- Other: _____

Resources:

www.christianparenting.org

Lesson#3-Spatial Awareness & Coordination: Take the time to play & practice with your kids!



Sub-Lessons:

- How to catch, kick & throw all type of balls
- How to ride a bike
- How to swim
- How to weight train
- How to throw & catch a frisbee
- How to play golf
- How to walk & run

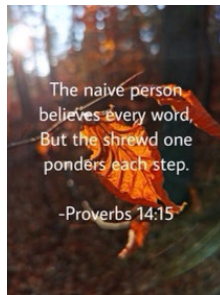
- How to wrestle
- Other: _____

Resources:

www.activekids.org

www.activeforlife.com

Lesson#4-Critical Thinking Skills: As your kids grow more influence will come from their friends & social media; it's important that their faith & values are deeply rooted in their early years; they need the critical thinking skills to navigate the bombardment of information, influencers & social media they will experience.



Sub-Lessons:

- How to formulate good open-ended questions
- How to gather & apply information (all points of view)
- How to properly identify cause and effect
- How to determine causation vs correlation
- How to develop reasoning skills
- How to formulate an opinion
- How to debate their point of view
- Deductive reasoning skills
- Other: _____

Resources:

www.parentingforbrain.com

www.empoweredparents.co

Lesson#5-Fitness: Provide a solid understanding to your kids of how to take care of their body to give them confidence & physical health to take on the challenges that they will face.



Sub-Lessons:

- Proper nutrition (reading & understanding labels)
- Physical fitness (cardio, weight training)
- Sleep
- Hydration
- Preventative care
- Puberty Changes
- Sex Education
- Hygiene (brushing teeth, bathing, grooming, shaving, etc.)
- Other: _____

Resources:

www.kidshealth.org

Lesson#6-Financial Acumen: Teaching your kids the basics of personal money management will help them achieve financial success in life!



Sub-Lessons:

- Purpose of money (stewardship)
- How to budget (share, save, spend)
- How to invest (retirement)
- How to negotiate (make large purchases)
- How to avoid the love of money
- Entrepreneurship
- Other: _____

Resources:

www.kidsmoney.org

Lesson#7-Career: Help guide your child to a fulfilling & financially viable career.



Sub-Lessons:

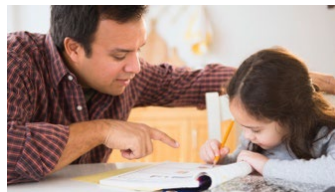
- Opportunities
- Career Industries
- How to decide on a career path
- How to create a resume
- How to interview
- Educational requirements
- Mentorship's & Internship's
- Other: _____

Resources:

www.thecareertest.org

Book: What Color is Your Parachute? (For Teens)

Lesson#8-Academics: There are many benefits to being involved in your child's education; students with involved parents are likely to have more confidence, higher grades and attend school regularly.



Sub-Lessons:

- Reading
- Writing
- Math
- Science
- History
- Other: _____

Resources:

Help them with their homework, attend teacher conferences.

Develop summer academic maintenance schedules

www.ixl.com

Lesson#9-Home Life Skills: Someday your children will be adults and will need to have the ability to perform the tasks that you have spent years doing for them.



Sub-Lessons:

- Doing the laundry
- Basic baking and cooking
- How to make a bed
- Taking care of pets & plants
- Grocery Shopping
- How to build a fire (make s'mores)
- Chores (garbage, dishes, cleaning, etc.)
- Other: _____

Resources:

www.parents.com

Lesson#10-DIY: Having the skills to be able to make minor repairs & maintain their future household is very important & can save your kids a lot of money over the course of their lifetime, not to mention the confidence they gain in having these skills.



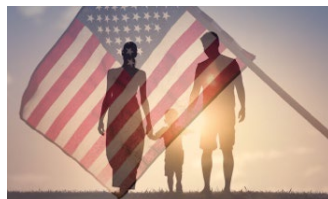
Sub-Lessons:

- How to safely use basic hand tools (hammer, screwdrivers, drill, saw, etc.)
- How to maintain a vehicle (gas, oil change, tire pressure, etc.)
- Maintaining a home (clogged toilet, changing filters, alarm batteries, etc.)
- How to maintain a yard
- How to grow your own food
- How to paint
- Other: _____

Resources:

Best taught using the “hands on approach”
YouTube

Lesson#11-Citizenship: It is critical that your kids know their American Citizenship Rights, Benefits, Responsibilities, Requirements & Laws so they can thrive & contribute to this Country.



Sub-Lessons:

- U.S. Constitution
- Bill of Rights & Amendments
- State & Local laws
- American History
- Democrat and Republican Policies
- Voting (how to make an informed decision)
- Other: _____

Resources:

www.thekidsguide.com

Lesson#12-Safety & Security: Parents, the protection of your family is your most important responsibility; teach your kids how to be safe.



Sub-Lessons:

- Safe at home, school & around town
- Bullying prevention
- Suicide awareness & prevention
- Fire prevention & evacuations
- Weather safety (thunderstorms, tornadoes, hurricanes, etc.)
- Online, social media safety
- Travel security, global awareness
- Impact of alcohol and drug use
- How to safely operate a vehicle
- Dog interaction
- How to safely handle a gun
- Basic Self-Defense
- Basic First-Aid
- Other: _____

Resources:

www.alphadadarmy.com

www.dadsofgreatstudents.com

www.dare.org

Lesson#13-People Skills: People skills or emotional intelligence is the ability to interact amicably with others; honing your kid's abilities to work well with others, resolve conflicts & solve problems will lead to stronger relationships.



Sub-Lessons:

- Effective Communication (Assertiveness)
- Sense of humor and flexibility
- Conflict & Problem solving
- Organization, prioritization and time management
- Teamwork (sharing, giving, boundaries)
- Leadership
- Teamwork
- How to determine compatibility
- Other: _____

Resources:

www.verywellfamily.com

Lesson#14-Discipline: Your kids need to be able to delay instant gratification for future payoff; with this skill they can achieve any goals they set for themselves.



Sub-Lessons:

- Delaying short term gratification for long term gain
- Building good habits
- How to set SMART goals and follow through on commitments
- First things first (eat the frog)
- Other: _____

Resources:

www.allprodad.com

Lesson#15-Courage & Confidence: Your kids need to be able to do things that they don't want to do or are afraid to do with confidence.



Sub-Lessons:

- How to order food at a restaurant
- Public Speaking
- How to shake hands
- Assertiveness
- Other: _____

Resources:

www.thepillarsclc.com

Lesson#16-Wisdom: Wisdom is the ability to contemplate and act productively using learned knowledge, experience & common sense; teach this to your kids.



Sub-Lessons:

- General Common sense
- The Books of Proverbs & Ecclesiastes
- The Stoics
- Other: _____

Resources:

www.wikihow.com

Lesson#17-Lessons Learned: Identify the top 10 lessons you have learned in your own life and pass this knowledge onto your children.



- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Resources:

Your life experiences & education.

Lesson#18-Purpose: Life’s purpose consists of the central motivating aims of life—the reasons to get up in the morning; help your kids find theirs. Knowing their purpose will guide their life decisions, influence behavior and create meaning.



Sub-Lessons:

- Ensure they understand how important they are (Ephesians 2:10)
- Help them to understand the purpose of their life
- Continuous Improvement
- What a life well lived looks like
- Create a vision statement
- Other: _____

Resources:

www.focusonthefamily.com

For more information on who we are, visit:

www.alphadadarmy.com and consider joining us!

