



Great Expectations

Fostering Powerful Change

Life on your own Checklist

- Are you prepared to take full responsibility for your financial, employment and health needs?
- Do you have a place to live?
- Do you have a job?
- Does your job pay enough to cover your basic expenses, including rent, food and healthcare?
- Have you developed a budget for how you will manage your finances?
- Do you have an established support network of friends, coworkers, counselors who you can call on in an emergency or crisis?
- Do you have access to reliable transportation? (public or your own)
- Are you covered by health insurance?