

Becoming an Adult: WHAT NO ONE TEACHES YOU

Real life skills. Important lessons. Kind reminders. 

No one hands you a guidebook when you become an adult.
Here are some things that can help you feel more prepared, confident, and empowered.  



1. NO ONE HAS IT ALL FIGURED OUT

Everyone is figuring it out as they go.

- It's okay to not have a 5-year plan.
- You're allowed to change your mind.
- Progress is better than perfection. 



2. MONEY MATTERS (AND IT'S NORMAL TO FEEL LOST)

- Make a budget that works for YOU.
- Save a little, even if it's just a few dollars.
- Credit, loans, and bills—learn as you go.
- Ask questions—it's how you learn! 



3. MENTAL HEALTH IS JUST AS IMPORTANT

Taking care of your mind is not a luxury—it's a necessity.

- Talk about your feelings.
- Set boundaries.
- Get help when you need it. 



4. IT'S OKAY TO ASK FOR HELP

You don't have to do everything alone.

- Lean on people you trust.
- Use resources available to you.
- Asking for help is a strength, not a weakness. 



5. ADULTING IS MORE THAN JUST A JOB

It's about building a life that feels like yours.

- Find what matters to you.
- Create routines.
- Make time for rest and fun! 

Things That Surprise Most New Adults

- ✓ Grocery shopping, cooking, and cleaning take time and energy.
- ✓ Bills don't stop just because money is tight.
- ✓ Talking about feelings and needs improves relationships.

- ✓ Job satisfaction isn't always instant.
- ✓ Saying "no" is healthy.
- ✓ Rest is productive.

- ✓ You'll make mistakes—and that's how you learn.
- ✓ Comparison steals your joy.
- ✓ It's okay to slow down.

- ✓ Your worth isn't based on your productivity.
- ✓ You are allowed to outgrow people and places. 

6. BASIC LIFE SKILLS YOU CAN LEARN

- ✓ Laundry (read the labels!)
- ✓ Cook simple, nourishing meals
- ✓ Change a tire
- ✓ Manage your time
- ✓ Make a budget
- ✓ Clean as you go
- ✓ Learn something new regularly

Small steps build big confidence. 

7. BUILDING HEALTHY HABITS

- ♥ Drink water
- ♥ Get enough sleep
- ♥ Move your body
- ♥ Eat foods that fuel you
- ♥ Spend time outside
- ♥ Do things that bring you joy

Consistency over perfection. 

8. RELATIONSHIPS & BOUNDARIES

- ♥ Surround yourself with people who uplift you.
- ♥ Communicate openly.
- ♥ Respect others, and respect yourself.
- ♥ It's okay to distance yourself from what drains you.

Healthy boundaries = healthy life. 

9. FINDING PURPOSE (YOUR WAY)

- ♥ You don't have to have it all figured out.
- ♥ Explore your interests.
- ♥ Your purpose can change as you grow.
- ♥ What lights you up matters.

You're life is yours to create. 

Gentle Reminders

- ♥ You are enough, right now.
- ♥ It's okay to not have all the answers.
- ♥ Celebrate the small wins.
- ♥ You are allowed to take breaks.
- ♥ Be kind to yourself—you're learning as you go.

You are becoming—one step at a time. 



It's Okay If...

- ♥ You don't know what you want to do yet.
- ♥ You change your mind.
- ♥ You need help.
- ♥ You're not where you thought you'd be.
- ♥ You're still becoming.

You're doing better than you think. 



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www.kaleidoscopecounselingok.com



(580) 768-1634



mirandabowman1@outlook.com

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