

Trap-Free Checklist Template

Avoid the Trap - A Guide for Adults and Seniors to Navigate Life's Pitfalls

Name: _____

Date: _____

Stage (e.g., Working Adult, Senior): _____

	Trap	Avoidance Strategies	Check-In Notes (Progress or Close Calls)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			