

LifeQuest — Concept Poster

Print this and pin it up — an at-a-glance map of the LifeQuest cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Save	Budgeting + financial planning — 'Money is a tool. Plan the tool.'
Parse	Reading-comprehension for adult docs — 'Slow down. Read it ALL.'
Spot	Scam-detection + critical-claim-evaluation — 'Show me the proof.'
Fill	Forms + paperwork + simplified taxes — 'Fill out. Then double-check.'
Cook	Meal planning + nutrition + budget-cooking — 'Eat well. Spend smart.'
Say	Self-advocacy + interview-craft — 'Be clear. Be kind. Be specific.'
Sort	Comparison-shopping — line options up side by side and compare real value, not loud labels
Borrow	Credit & debt basics — borrowed money isn't free; interest is the cost; a tool with rules, not a judgment
Vault	Digital privacy — some things stay locked; strong separate passwords; know who's actually asking
Dial	Time-management — the day is a pie; aim your hours at what matters, break big tasks small, keep a slice for rest

Key ideas at a glance

The big concepts this cast helps you master:

- Smart Shopping and Consumer Basics
- Food and Nutrition on a Budget
- Housing and Household Management
- Communication and Contracts

- Transportation and Getting Around
 - Digital Consumer Skills
 - Financial Planning and Big Decisions
 - Adulting Simulation — Capstone
 - Life Skills
 - Contracts
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