

GOALS FOR YOUR TEENS

from thrivingfamily.com

Directions for parents: As you create your parenting goals for the year, set aside time to work with your teen on this. Although the questions may only take half an hour to answer, the assessment and planning

may invite parent-teen conversations that take longer. Your teens should answer the questions honestly and from their perspective. Your job is to help them translate their ideas into realistic goals.

ASSESS LAST YEAR

List where you have served or reached out to others.

Evaluate your current friends. How are they good for you? Do any of them have potential to hurt you? Which ones have not been friends?

Are you involved in a romantic relationship? What are the positives and negatives of that relationship?

How strong are your family relationships?

How much time do you spend on social networking sites and texting?

How have you set yourself up for being hurt or unsafe?

PLAN FOR THE COMING YEAR

To whom do you plan to focus on being a good friend? Which "friends" will no longer be considered friends?

What can you do to strengthen your relationship with your parents and siblings?

Name one person you will work on being kind to.

What boundaries will you set regarding social networking sites, gaming and texting?

What will you do to show commitment to personal integrity in relationships?

Who would you consider asking to be a mentor or an accountability partner?

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SPIRITUAL

ASSESS LAST YEAR

What has helped you most in your walk with God?

In what way did you grow closer to God?

What hindered you in your walk with God?

PRACTICAL

What did you learn about personal budgeting?

What part-time job did you have? How did it help or hurt you financially & socially?

What were your personal improvement goals last year? Did you reach them?

List your responsibilities and chores.

PLAN FOR THE COMING YEAR

How will you ask honest questions, seek biblical answers and surround yourself with wise counsel?

Do you want to go on a missions trip? If so, what do you need to do to make this happen?

How would you like your family, church and youth group to encourage you to grow in your faith (family devotions, serve others, show mercy, offer prayer)? What will this require from you?

How will you take the next step to learn more about financial concepts and personal budgeting?

How can you be a better worker in your job and home life?

What goals will you set (find a job, learn to drive, learn a foreign language or play an instrument)?

How will you take better responsibility for your own schedule and chores?

ASSESS LAST YEAR

PLAN FOR THE COMING YEAR

PHYSICAL

Record your height, weight and body mass index.
(NOTE: The U.S. Department of Health and Human Services offers a body mass index counter at nhlbisupport.com/bmi/bmicalc.htm

What was most stressful?

In what sports, hobbies or activities were you most involved?

What are your weight goals and how do you intend to accomplish them through diet and exercise?

How many hours a night will you commit to sleep?

What can you do to minimize stress?

educational

What were your grades?

What were your strongest subjects?

What were your weakest subjects?

What books would you like to read? Make a list of fiction and nonfiction titles that interest you.

What are your grade goals? How do you intend to accomplish them (for example, attend class regularly, do your homework, read assignments, seek help when you need it)?

What do you want to do when you graduate? Which career choices interest you? Do you have a college preference?

What activities will you do to stay on track for going to college (i.e., complete assessment tests, work to maintain grades, avoid at-risk behaviors that could derail college plans, research AP classes, explore majors and colleges, apply)?