

Learning More About Yourself

Use these questions and conversation starters to learn more about yourself and your goals for the future. If you feel comfortable doing so, share your answers with your YouthBuild mentor when you talk about your YouthBuild Life Plan and how to achieve your short- and long-term goals.

- What will my life be like at age 21? 25? 30? What do I want my life to be like in the future?
- Who is the most important person in my life right now (parents, friends, children, mentors, teachers, or others)?
- Am I happy with the important relationships in my life? If yes, what can I do to keep them up? If not, what can I do to improve them?
- What types of responsibilities do I have now (rent, bills, debt, taking care of your room or home, and your responsibilities to your family)? Is there anything I could do to better meet these responsibilities?
- What are three things I'm really good at?
- What are three things I'd like to learn how to do?
- What would my dream job be? What skills, experience, and education do I need to get that job?
- Am I in good health? Three healthy habits that are a regular part of my life are:
- Do I have any unhealthy habits that I'd like to change?
- Do I think of myself a leader? What are some things that I do regularly that show leadership?
- Who are three responsible adults who could help me learn new things and make progress toward my goals?