SECTION 1

My Safe People

I don't have to do this alone.

REAL PEOPLE STRONGER TOGETHER

The people in my corner don't all have to help in the same way.
Here are some of the people I can count on.

PERSON I CAN CALL WHEN I NEED TO TALK

Name: _____

Phone / Text: _____

How they help me: _____

_____

_____

_____

PERSON I CAN CONTACT FOR PRACTICAL HELP

Name: _____

Phone / Text: _____

What I might ask them for: _____

_____

_____

_____

PERSON WHO HELPS ME FEEL CALM OR GROUNDED

Name: _____

Phone / Text: _____

What helps me feel safe talking to them:

_____

_____

_____

PERSON I CAN CONTACT IN AN EMERGENCY OR URGENT SITUATION

Name: _____

Phone / Text: _____

When I might reach out:

_____

_____

_____

OTHER PEOPLE IN MY CORNER

_____

_____

_____

Safe people can be family, friends, mentors, teachers, coaches, counselors, advocates, neighbors, or another trusted adult.

I don't have to wait until everything feels heavy to reach out.

SECTION 1

More People in My Corner

Different people. Different ways to support me. All valuable.

Support can come from different parts of my life. The people in my corner may show up in different roles, and that's a good thing.

TEACHER

COUNSELOR

COACH

MENTOR

COWORKER / SUPERVISOR

FAMILY MEMBER (EXTENDED)

COMMUNITY MEMBER

FAITH COMMUNITY / SPIRITUAL SUPPORT

OTHER PEOPLE I CAN COUNT ON

REAL SUPPORT REAL PEOPLE

My support network can look different than anyone else's, and that's okay.

What matters is that these people are part of my team.

Important Support Contacts

Keep important support information in one place so it is easier to reach out when you need help.

1. MENTOR / TRUSTED ADULT / SUPPORT PERSON

Name: _____
Role / Organization: _____
Phone: _____
Email: _____
What I can contact them about:
_____
_____
_____

2. SCHOOL / TRAINING / WORK CONTACT

Name: _____
Role / Organization: _____
Phone: _____
Email: _____
What I can contact them about:
_____
_____
_____

3. HEALTH / COUNSELING CONTACT

Name: _____
Role / Organization: _____
Phone: _____
Email: _____
What I can contact them about:
_____
_____
_____

4. LEGAL / ADVOCACY / COMMUNITY CONTACT

Name: _____
Role / Organization: _____
Phone: _____
Email: _____
What I can contact them about:
_____
_____
_____

5. ANOTHER HELPFUL CONTACT

Name: _____
Role / Organization: _____
Phone: _____
Email: _____
What I can contact them about: _____
_____

I do not have to know who to call for everything.

If I do not know where to start, I can contact one person I trust and say:
"I'm not sure who I need to talk to. Can you help me figure out where to start?"



Setting Healthy Boundaries

It's okay to say no. My needs matter too.

Boundaries help me protect my time, energy, and well-being. They aren't about pushing people away — they're about choosing what is healthy and right for me.

WHAT BOUNDARIES MEAN TO ME

In my own words, boundaries mean:

PLACES I MAY NEED STRONGER BOUNDARIES

Examples might be my time, relationships, social media, school, work, money, or other areas.

HOW I CAN SUPPORT MY BOUNDARIES

Some things I can do to keep my boundaries:

A REMINDER TO MYSELF

When boundaries feel hard, I want to remember:

Healthy boundaries create healthier relationships.

My Communication Plan

Good communication helps me feel heard, understood, and supported.

Communicating well can make my life easier and my relationships stronger. This page helps me think about how I like to communicate and what works best for me.

I FEEL MOST COMFORTABLE COMMUNICATING BY:

- ☐ Texting
- ☐ Phone calls
- ☐ In person
- ☐ Video calls
- ☐ Email
- ☐ Writing it down (notes or letters)
- ☐ Other: _____

THINGS THAT HELP ME COMMUNICATE WELL:

_____

_____

_____

_____

_____

_____

SOMETIMES IT CAN BE HARD FOR ME TO COMMUNICATE WHEN:

_____

_____

_____

_____

_____

WHEN I'M FEELING OVERWHELMED, I CAN:

- ☐ Take a break and come back to the conversation.
- ☐ Let the other person know I need time.
- ☐ Write down what I want to say.
- ☐ Use a trusted person to help me.
- ☐ Other: _____

A REMINDER TO MYSELF:

I have a voice. What I say matters. I can communicate in a way that feels right for me.

_____

_____

_____

Clear communication opens the door to understanding.

Asking for Help Without Feeling Like a Burden

It's okay to need support. You don't have to do everything on your own.

Asking for help is a sign of strength, not weakness. Everyone needs support sometimes. The right people will be there, and most people feel good when they can help.

WHY IT CAN BE HARD TO ASK FOR HELP

I might hesitate to ask for help because:

- [ ] I don't want to bother anyone.
- [ ] I worry they will say no.
- [ ] I feel like I should be able to handle it myself.
- [ ] I'm afraid of being judged.
- [ ] I don't want to seem weak.
- [ ] Other: _____

A NEW WAY TO LOOK AT IT

Here are some reminders I want to keep in mind:

- [ ] Asking for help is brave.
- [ ] People in my corner want to support me.
- [ ] It gives others a chance to show they care.
- [ ] Everyone needs help sometimes.
- [ ] It can lead to better solutions.
- [ ] I am still capable and strong.
- [ ] Other: _____

WHAT I MIGHT NEED HELP WITH

Some areas where I might need support:

_____

_____

_____

_____

_____

HOW I CAN ASK FOR HELP

Here are some ways I can ask:

- [ ] Be honest and direct.
- [ ] Share what I need clearly.
- [ ] Ask someone I trust.
- [ ] Start with a small ask if it feels easier.
- [ ] Remember: a simple "Can you help me with…?" is enough.
- [ ] Other: _____

A REMINDER TO MYSELF

When I ask for help, I want to remember:

_____

_____

_____

Support is a bridge, and it's okay to cross it.

WHO CAN I CALL IF?

It's okay to reach out. You are not alone.

1 IF I AM IN IMMEDIATE DANGER

Name: _____

Role / Organization: _____

Phone: _____

Email: _____

What I can contact them about: _____

_____

2 IF I AM FEELING REALLY SAD, ANXIOUS, OR OVERWHELMED

Name: _____

Role / Organization: _____

Phone: _____

Email: _____

What I can contact them about: _____

_____

3 IF I NEED SOMEONE TO TALK TO

Name: _____

Role / Organization: _____

Phone: _____

Email: _____

What I can contact them about: _____

_____

4 IF I HAVE A QUESTION ABOUT SCHOOL, WORK, OR TRAINING

Name: _____

Role / Organization: _____

Phone: _____

Email: _____

What I can contact them about: _____

_____

5 IF I NEED HELP WITH HOUSING, FOOD, OR BASIC NEEDS

Name: _____

Role / Organization: _____

Phone: _____

Email: _____

What I can contact them about: _____

_____

6 IF I NEED LEGAL INFO OR ADVOCACY SUPPORT

Name: _____

Role / Organization: _____

Phone: _____

Email: _____

What I can contact them about: _____

_____

7 SOMEONE ELSE I CAN CALL

Name: _____

Role / Organization: _____

Phone: _____

Email: _____

What I can contact them about: _____

_____







Asking for help is a sign of strength.

WHATEVER I NEED THIS PAGE FOR

Sometimes you just need a space to think, write, doodle, or let it all out.



Your thoughts matter.

A Note From Someone in Your Corner

You are capable, valued, and so much more than you know.

Use this space for a note from a CASA, mentor, friend, family member, or anyone who wants to encourage you. Let them remind you of your strengths, your progress, and the incredible person you are.

A MESSAGE JUST FOR YOU:

Someone believes in you.
And that changes everything.

You have people in your corner — always.

SECTION 2

A Little About Me Right Now

I am allowed to still be becoming.

This is a snapshot of who I am in this season of life. I'm allowed to be a work in progress. I can be proud of how far I've come and still be figuring out what's next.

MY NAME:

PEOPLE CALL ME:

A FEW WORDS THAT DESCRIBE ME:

SOMETHING I CARE ABOUT:

SOMETHING I'M GOOD AT:

SOMETHING I'M STILL FIGURING OUT:

SOMETHING THAT HELPS ME FEEL LIKE MYSELF:

SOMETHING I WANT MORE OF IN MY LIFE:

SOMETHING I WANT LESS OF IN MY LIFE:

WHAT MATTERS TO ME RIGHT NOW:

I am enough, right here, right now.

SECTION 2

Current Favorites

These are the small things that make big days better.

A few of the things I'm into right now. The little things matter too — they're part of what makes me, me.

MUSIC / SONG / ARTIST:

SNACK / FOOD / DRINK:

SHOW / MOVIE:

BOOK / PODCAST:

PLACE:

PERSON TO SPEND TIME WITH:

COMFORT ITEM:

WAY TO RELAX:

FAVORITE SMELL:

FAVORITE SEASON:

FAVORITE OUTFIT OR STYLE:

SOMETHING CURRENTLY MAKING ME LAUGH:

SOMETHING I'M INTO RIGHT NOW:

Small things count too.

The things I enjoy are a part of who I am.

SECTION 2

My Longer-Term Goals — and Someday Maybe...

A goal does not have to be perfect to be worth writing down.

This page is for the dreams, hopes, and future possibilities that matter to you. There is no pressure to have it all figured out. Let yourself dream big and think long term — you are allowed to change your mind.

1. THINGS I KNOW I WANT

Education or training: _____

Work goals: _____

Living situation: _____

Money goals: _____

Health goals: _____

Relationship or personal goals: _____

Life experiences: _____

2. SOMEDAY MAYBE...

Places I'd like to go: _____

Something I'd like to learn: _____

Something I'd like to try: _____

A life I can picture for myself: _____

I do not have to have it all figured out to dream about what comes next.

I am allowed to change my mind later.

SECTION 2

My Short-Term Goals

Short-term goals still matter. Small progress still counts.

This page is for practical goals you can work toward in the near future. These are the everyday steps that help you move forward. You do not have to rush. Short-term goals still matter. Small progress still counts.

IN THE NEXT FEW MONTHS, I WANT TO:

1.

My short-term goal: _____

_____

Why this matters to me: _____

_____

What would make this feel like progress: _____

_____

What support I may need: _____

2.

My short-term goal: _____

_____

Why this matters to me: _____

_____

What would make this feel like progress: _____

_____

What support I may need: _____

3.

My short-term goal: _____

_____

Why this matters to me: _____

_____

What would make this feel like progress: _____

_____

What support I may need: _____

SECTION 2

Turn a Big Goal Into Little Steps

One step at a time still counts.

Big goals can feel overwhelming. Breaking them into smaller steps makes them feel more doable—and helps me keep moving forward.

MY BIG GOAL:

_____

WHY IT MATTERS TO ME:

_____

_____

_____

_____

WHAT MAKES IT FEEL BIG OR HARD:

_____

_____

_____

_____

SMALLER STEPS:

1. _____
2. _____
3. _____
4. _____
5. _____

MY FIRST STEP:

_____

_____

_____

WHAT COULD HELP ME GET STARTED:

_____

_____

_____

WHO COULD SUPPORT ME IF I GET STUCK:

_____

_____

I do not have to finish the whole thing today. I only have to find the next step.

SECTION 2

My Monthly Life Dashboard

A quick snapshot to help me stay mindful, organized, and focused on what matters most this month.

Small check-ins keep me on track.

MY TOP 3 GOALS THIS MONTH:

1. _____
2. _____
3. _____

IMPORTANT DATES THIS MONTH:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THINGS I NEED TO DO:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THINGS I WANT TO DO:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PEOPLE I WANT TO STAY CONNECTED WITH:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SELF-CARE THIS MONTH:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WHAT I'M LOOKING FORWARD TO:

_____

_____

_____

_____

NOTES / REMINDERS:

_____

_____

_____

_____

Progress doesn't happen all at once, but it does happen when I keep showing up.

SECTION 2

My Week

A little planning can help me feel more in control, less stressed, and more prepared for a great week. This is my space to map it out.

A calmer week often leads to a happier me.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

TOP PRIORITIES THIS WEEK:

- [ ]
- [ ]
- [ ]
- [ ]

APPOINTMENTS / IMPORTANT DATES:

- [ ]
- [ ]
- [ ]
- [ ]

THINGS I NEED TO GET DONE:

- [ ]
- [ ]
- [ ]
- [ ]

THINGS I WANT TO MAKE TIME FOR:

- [ ]
- [ ]
- [ ]
- [ ]

NOTES / THOUGHTS / REMINDERS:

A well-planned week gives me more room for the things that make me happy.

SECTION 2

Today, One Step at a Time

Some days the next step is enough.

This gentle daily page helps me keep my focus small and manageable so I can move forward with more ease and clarity.

TODAY'S DATE: _____

TODAY, THE MOST IMPORTANT THING IS:

_____

_____

A FEW THINGS I WANT / NEED TO DO:

1. _____
2. _____
3. _____

WHAT TIME-SENSITIVE THING DO I NEED TO REMEMBER?

_____

WHAT WOULD HELP TODAY FEEL A LITTLE EASIER?

_____

SOMETHING I NEED TO FOLLOW UP ON:

_____

TONIGHT, I WANT TO REMEMBER:

_____

SECTION 2

Check In

It's okay to not be okay. What matters is that I check in with myself.

A quick pause to notice how I'm doing. Checking in with myself helps me stay aware, make adjustments, and keep moving forward.

HOW AM I FEELING TODAY?

- ☐ Happy
- ☐ Calm
- ☐ Okay
- ☐ Stressed
- ☐ Overwhelmed
- ☐ Tired
- ☐ Anxious
- ☐ Sad
- ☐ Frustrated
- ☐ Excited
- ☐ Other: _____

WHAT'S ON MY MIND TODAY?

_____

_____

_____

_____

_____

_____

_____

_____

_____

WHAT DO I NEED RIGHT NOW?

- ☐ A break
- ☐ Some quiet time
- ☐ Support from someone
- ☐ Encouragement
- ☐ More information
- ☐ To let something go
- ☐ To focus on what I can control
- ☐ A reminder that I'm doing my best
- ☐ Other: _____

WHAT IS GOING WELL?

_____

_____

_____

_____

WHAT FEELS CHALLENGING?

_____

_____

_____

_____

SOMETHING I'M GRATEFUL FOR TODAY:

_____

_____

_____

_____

ONE THING I CAN DO TODAY TO TAKE CARE OF MYSELF:

- ☐ Get enough rest
- ☐ Drink water
- ☐ Move my body
- ☐ Eat something healthy
- ☐ Do something I enjoy
- ☐ Be kind to myself
- ☐ Other: _____

A POSITIVE THOUGHT FOR TODAY:

_____

_____

_____

_____

_____

_____

TOMORROW I WANT TO:

- ☐ Keep going
- ☐ Try something new
- ☐ Be patient with myself
- ☐ Focus on what I can control
- ☐ Remember my goals
- ☐ Give myself grace
- ☐ Other: _____

Checking in with myself is a sign of strength, not weakness.

SECTION 2

Stuff on My Mind

For the thoughts, lists, worries, reminders, ideas, and random things taking up space in my head.

☐ THINGS I NEED TO REMEMBER

☐ THINGS I NEED TO DO

☐ THINGS I WANT TO TALK ABOUT

☐ THINGS I DO NOT WANT TO LOSE TRACK OF

Sometimes writing it down makes it easier to carry.

SECTION 2

A Note From Someone in Your Corner

You are capable, valued, and so much more than you know.

Use this space for a note from a CASA, mentor, friend, family member, or anyone who wants to encourage you. Let them remind you of your strengths, your progress, and the incredible person you are.

A MESSAGE JUST FOR YOU:

Someone believes in you.
And that changes everything.

You have people in your corner — always.

SECTION 3

My Current Money Snapshot

A clearer picture today can lead to brighter choices tomorrow.

This is information, not a grade.
Knowing where I am gives me somewhere to start.

MONEY I HAVE RIGHT NOW

Cash: $ _____

Checking: $ _____

Savings: $ _____

Other: $ _____

MONEY COMING IN

Where does money come to me? (Check all that apply)

- ☐ Job / paycheck
- ☐ Side work
- ☐ Benefits / support
- ☐ Family support
- ☐ Financial aid
- ☐ Other: _____

About how much comes in each month?

$ _____

MONEY I ALREADY OWE

What? *(Example: bill, loan, credit card, money owed to someone, payment plan, etc.)*	*About how much?*	*When is it due?*

BANKING CHECK-IN

- ☐ I have a checking account
- ☐ I have a savings account
- ☐ I know how to check my balance
- ☐ I know my bank's overdraft rules
- ☐ I have account alerts turned on
- ☐ I need help figuring some of this out

KEEP THIS INFORMATION SAFE.

Never write banking passwords, PINs, or full account numbers in this book.

Knowing the numbers is more useful than avoiding them.

Progress over perfection. _____

SECTION 3

Where My Money Goes

Awareness gives you options, and options give you power.

Seeing where your money goes can help you make choices that match what matters to you. This is not about judgment — it's about awareness.

MY MONTHLY SPENDING

About how much do you usually spend in each area?
It's okay if you're not sure. Use your best estimate.

Housing (rent, utilities, housing costs)	$ _____
Food (groceries, eating out)	$ _____
Transportation (car, bus, gas, rides)	$ _____
Phone & Internet	$ _____
School (tuition, books, supplies)	$ _____
Personal care (hygiene, hair, etc.)	$ _____
Entertainment (movies, games, hobbies)	$ _____
Clothing	$ _____
Health (medical, prescriptions, etc.)	$ _____
Other	$ _____

SPENDING CHECK-IN

What patterns do you notice?

_____

_____

_____

_____

Where could you make a change if you wanted to?

_____

_____

_____

What are you already doing well?

_____

_____

NEEDS vs. WANTS

NEEDS	WANTS
Things I have to have to live, be healthy, and take care of my responsibilities.	Things that are nice to have, but not required.
_____	_____
_____	_____
_____	_____
_____	_____

You get to decide what matters most.

ONE THING I WANT TO BE MORE MINDFUL OF:

_____

_____

_____

Small choices add up.

SECTION 3

Making a Monthly Plan

A plan today creates more freedom tomorrow.

A monthly plan helps you give your money a purpose. It doesn't have to be complicated. It just helps you see what's coming in, what's going out, and what you want to make happen.

MY MONTHLY INCOME

List your expected income for a typical month.

Job / paycheck	$ _____
Benefits / support	$ _____
Financial aid	$ _____
Side work	$ _____
Other	$ _____
TOTAL MONTHLY INCOME	$ _____

MY MONTHLY EXPENSES

List your regular monthly expenses. Use the categories that fit your life.

Housing (rent, utilities, etc.)	$ _____
Food	$ _____
Transportation	$ _____
Phone & Internet	$ _____
School / Education	$ _____
Health (medical, prescriptions, etc.)	$ _____
Personal care	$ _____
Entertainment	$ _____
Other	$ _____
TOTAL MONTHLY EXPENSES	$ _____

DO THE MATH

Total Monthly Income	$ _____
Total Monthly Expenses	$ _____
What's Left? (Income – Expenes)	$ _____

MY GOALS

What do you want your money to help you do?
(Bigger or smaller goals — both count!)

_____

_____

_____

_____

A QUICK CHECK

After looking at your numbers, how does this feel right now?
(Check one or more.)

- ☐ I'm in a good place right now.
- ☐ I'm pretty close, but need to make some changes.
- ☐ I'm spending more than I make.
- ☐ I'm not sure yet, but this helps me see it.
- ☐ I want to talk to someone about this.

A plan doesn't limit your life. It gives you more possibilities.

Plan today. More tomorrow.

SECTION 3

Keeping Track of Bills

Small actions today help you avoid big stress tomorrow.

Bills are a normal part of life. Keeping track helps you avoid late fees, protect your credit, and feel more in control. You don't have to remember everything — you just need a system that works for you.

MY REGULAR BILLS

List the bills you are responsible for (or expect to be soon).

Bill / Expense	Amount	Due Date	How I Pay It (online, app, auto-pay, etc.)

BILL TRACKING TIPS

1. Know when each bill is due.
2. Set reminders (phone, calendar, or app).
3. Look into auto-pay for bills that stay the same.
4. Try to pay on time, even if it's just the minimum.
5. If you're going to be late, contact the company early.
6. Keep confirmation numbers or emails until the payment shows as processed.

BILL CHECK-IN

Check the boxes that are true for you right now.

- ☐ I know which bills I am responsible for.
- ☐ I know when my bills are due.
- ☐ I have a system to remind myself.
- ☐ I pay most of my bills on time.
- ☐ I have had a late payment before.
- ☐ I need a better system.
- ☐ I want help setting this up.
- ☐ Other: _____

IF YOU FALL BEHIND

Life happens. If you fall behind on a bill:

- Don't ignore it.
- Contact the company as soon as possible.
- Ask about payment options.
- Be honest about your situation.
- Make a plan and write it down.

A plan today can prevent a bigger problem tomorrow.

Progress looks good on you.

SECTION 3

My Money Goals + Future Me

A goal today is a step closer to the life you want tomorrow.

Money isn't just about bills and expenses. It can also help you build the life you want. Having goals gives your money a purpose and helps you make choices today that support a brighter tomorrow.

POSSIBLE MONEY GOALS

Check the goals that are important to you (or add your own).

- ☐ Build an emergency cushion
- ☐ Save for a place to live (apartment, house, etc.)
- ☐ Buy a car or reliable transportation
- ☐ Pay for education or training
- ☐ Travel
- ☐ Pay off debt
- ☐ Save for something meaningful I want
- ☐ Help someone I care about
- ☐ Give or support a cause I care about
- ☐ Build long-term security
- ☐ Other: _____

MY MAIN MONEY GOAL

My goal:

_____

_____

About how much I need: $ _____

Why this matters to me:

_____

_____

What I can realistically start with:

$ _____ per _____

My first step:

_____

_____

SMALL STEPS STILL COUNT

Progress doesn't have to be big to be meaningful. Every step you take matters.

- Saving $5 is still saving.
- Paying $10 extra toward debt is still progress.
- Learning how my account works is still progress.
- Opening the bill is still progress.
- Asking for help is still progress.
- Making a plan is still progress.
- Showing up for your future self is always progress.

HOW I WILL FEEL

How do I think I will feel when I reach this goal?

_____

_____

_____

What might this goal allow me to do?

_____

_____

_____

Small steps build options.
Options build freedom.

Your future is worth the plan. _____

SECTION 3

A Note From Someone in Your Corner

You are capable of more than you know.

You are learning real life skills, and that matters. Money can feel complicated sometimes, but you are building knowledge, confidence, and good habits. I'm proud of you for taking the time to work through this section.

SOMETHING I WANT YOU TO REMEMBER ABOUT MONEY:

ONE MONEY SKILL I ALREADY SEE YOU BUILDING:

WHEN MONEY FEELS STRESSFUL, I HOPE YOU REMEMBER:

A NOTE JUST FOR YOU

Use this space for anything you want to say, remember, or come back to later.

You do not have to know everything yet.
You are learning.
There are people in your corner.



SAME
BRIGHTER
STRONGER
WISER
YOU

Progress today. A brighter tomorrow.

SECTION 4

Finding a Job + Spotting Sketchy Offers

Excited is okay. Rushed is a reason to slow down.

This page helps you look for legitimate work opportunities while recognizing common scam patterns.

PLACES JOB OPPORTUNITIES MAY SHOW UP

- employer career pages
- local businesses
- school or training programs
- workforce centers
- community organizations
- referrals from trusted people
- job-search websites
- company social pages
- signs or postings at businesses

BEFORE I APPLY

I can check:

- ☐ Is this a real company?
- ☐ Can I find an official company website?
- ☐ Does the email address make sense for the company?
- ☐ Does the job description explain the work?
- ☐ Can I verify the opening independently?
- ☐ Does the pay seem believable for the work?
- ☐ Am I being pressured to act immediately?

SKETCHY JOB-OFFER RED FLAGS

Be cautious if someone:

- offers a job without a real interview
- promises unusually high pay for very little work
- asks me to pay money to get the job
- wants gift cards or cryptocurrency
- asks for banking information too early
- sends me a check and tells me to send some money elsewhere
- asks me to buy equipment using money from a check they sent
- communicates only through strange or unofficial channels
- pressures me not to verify the company

! A real employer does not need me to send part of a check back.

! Before giving sensitive information, verify the employer independently.

Excited is okay. Rushed is a reason to slow down.

SECTION 4

My Skills Already Count

The skills you have today can open doors tomorrow.

You may have more skills and experience than you realize. Skills can come from school, work, volunteering, sports, hobbies, caregiving, or everyday life. They all count.

SKILLS I ALREADY HAVE

Check the skills you already have (or add your own).

- ☐ Communicating with others
- ☐ Being on time
- ☐ Following instructions
- ☐ Solving problems
- ☐ Working as part of a team
- ☐ Taking care of responsibilities
- ☐ Learning new things
- ☐ Staying organized
- ☐ Being dependable
- ☐ Helping or caring for others
- ☐ Using a computer or technology
- ☐ Handling stress or staying calm
- ☐ Creative skills (art, music, writing, etc.)
- ☐ Other: _____

WHERE I HAVE USED THESE SKILLS

Think about where you've used these skills. It doesn't have to be a job. Examples: school, sports, volunteering, church, caring for siblings, part-time work, etc.

SKILL	WHERE I'VE USED IT

WHAT OTHERS MIGHT NOTICE

What do friends, family, teachers, or past employers often say I'm good at?

_____

_____

_____

_____

SKILLS I WANT TO GROW

What skills would I like to get better at?

- ☐ Confidence
- ☐ Communication
- ☐ Leadership
- ☐ Time management
- ☐ Computer skills
- ☐ Problem solving
- ☐ Other: _____

A REMINDER

- I don't have to be perfect.
- Everyone starts somewhere.
- My life experiences have taught me valuable skills.
- I can keep learning and growing.
- The skills I have are a good place to start.

I have something to offer. And I'm just getting started.

SECTION 4

Building My First Résumé

Everyone starts somewhere. A résumé is a way to show your potential.

A résumé is a short summary of your skills, experience, and strengths. It helps an employer see what you can bring to their team. If you don't have a lot of work experience yet, that's okay. You can still create a strong résumé using school, volunteering, activities, and everyday skills.

RÉSUMÉ BASICS

A simple résumé usually includes:

- Your name and contact information
- A short summary (optional but helpful)
- Skills
- Education
- Work experience (paid or unpaid)
- Volunteer work
- Activities (school, sports, clubs, etc.)
- Awards or certifications (if any)

Keep it clear, honest, and easy to read.
One page is usually best when you're just starting out.

MY CONTACT INFORMATION

Full name: _____

Phone number: _____

Email address: _____

City, State: _____

A SHORT SUMMARY (OPTIONAL)

A few sentences about who you are and what you're looking for:

_____

_____

_____

_____

_____

MY SKILLS

List some of your skills (use ideas from page 43).

_____

_____

_____

_____

MY EDUCATION

High school (or equivalent): _____

City, State: _____

Graduation date (or expected): _____

Other education or training: _____

_____

MY EXPERIENCE

Include paid jobs, volunteer work, school activities, or other relevant experience.

Title/Role: _____

Where: _____

When: _____

What I did: _____

_____

Title/Role: _____

Where: _____

When: _____

What I did: _____

_____

My experience matters.

SECTION 4

Getting My Application Ready

A little preparation today can open more opportunities tomorrow.

Having your information ready makes it easier to apply when you find a job you're interested in. Many applications ask for the same basic details, so it helps to gather them now.

PERSONAL INFORMATION

Full name: _____

Phone number: _____

Email address: _____

City, State: _____

ADDRESS HISTORY

Some applications ask for your address history (for example, the last 3–5 years).

Current address: _____

City, State, Zip: _____

From (month/year): _____

To (month/year): _____

Previous address: _____

City, State, Zip: _____

From (month/year): _____

To (month/year): _____

_____

EDUCATION

High school (or equivalent): _____

City, State: _____

Graduation date (or expected): _____

Other education or training: _____

_____

OTHER INFORMATION YOU MAY NEED

- ☐ Social Security number (only when required)
- ☐ Driver's license number (if you have one)
- ☐ Work authorization (if asked)
- ☐ Availability (days and times you can work)
- ☐ Preferred start date
- ☐ Transportation (how you will get to work)
- ☐ Shirt/pant/shoe size (sometimes asked)
- ☐ Links to an online portfolio or profiles (if applicable)
- ☐ Any required certifications or training
- ☐ Other: _____

AVAILABILITY

When are you generally available to work?

- ☐ Weekdays
- ☐ Weekends
- ☐ Mornings
- ☐ Afternoons
- ☐ Evenings
- ☐ Other: _____

ANYTHING ELSE?

Is there any other information you might need often on applications? (For example: willing to relocate, languages, special skills, etc.)

_____

_____

_____

_____

Being prepared now makes it easier to say yes when the right opportunity comes along.

Ready today. More possibilities tomorrow. _____

SECTION 4

Filling Out an Application + Following Up

Opportunities often start with a few simple steps.

Complete applications carefully and understand what happens afterward.

BEFORE I HIT SUBMIT

Check:

- ☐ Is my contact information correct?
- ☐ Did I answer every required question?
- ☐ Are dates reasonably accurate?
- ☐ Did I check spelling?
- ☐ Did I attach the correct résumé?
- ☐ Did I read instructions?
- ☐ Did I save the job information somewhere?

IF I DO NOT KNOW AN ANSWER

Do not invent information.

- look it up
- ask someone
- use "not applicable" when appropriate
- explain briefly if the application allows it



It's better to be honest than to guess.

AFTER I APPLY

Company: _____

Position: _____

Date applied: _____

How I applied: _____

Contact person if known:

_____

FOLLOWING UP

If appropriate, a short follow-up can be:

*"Hello, my name is _____.
I recently applied for the _____ position and wanted to confirm that my application was received. I'm very interested in the opportunity. Thank you for your time."*

Following up once is professional.
Contacting someone fourteen times before lunch is... a different strategy. 😂

SECTION 4

Job Search + Application Tracker

Opportunities don't disappear when you keep good track of them.

Keeping track of your applications helps you stay organized, follow up at the right time, and not miss opportunities. Use this page to record where you've applied, important dates, and next steps.

COMPANY / ORGANIZATION	POSITION	DATE APPLIED	HOW I APPLIED	CONTACT PERSON	FOLLOW-UP DATE	INTERVIEW DATE	STATUS / NOTES

NEXT THINGS I NEED TO DO

- ☐ Follow up
- ☐ Prepare for interview
- ☐ Send information
- ☐ Check voicemail/email
- ☐ Apply somewhere else
- ☐ Other: _____

Keeping track helps me follow up without trying to remember everything.

FREE REFILL

Another copy is available in the Resource Hub.

50 More today. Closer tomorrow. _____

SECTION 4

A Note From Someone in Your Corner

You are more capable than you may sometimes realize.

You've just worked through a lot of important information about jobs, applications, and interviews. As you take this next step, remember that you bring value, potential, and a unique perspective to every opportunity.

A STRENGTH I SEE IN YOU:

SOMETHING YOU ALREADY KNOW HOW TO DO THAT WILL SERVE YOU WELL:

BEFORE AN INTERVIEW, FIRST DAY, OR HARD WORKDAY, I HOPE YOU REMEMBER:

A Note Just For You

A job does not determine your worth. But learning what you can do may surprise you.

You are capable of great things.

SECTION 5

What Does This Place Really Cost?

Rent is the beginning of the number — not always the end.

Rent is only one part of housing cost. This page helps you look at the bigger picture so you can plan, compare, and know what to expect.

MONTHLY COSTS MAY INCLUDE

Rent:	$ _____	Renter's insurance:	$ _____
Electricity:	$ _____	Parking:	$ _____
Gas:	$ _____	Laundry:	$ _____
Water / sewer:	$ _____	Transportation difference:	$ _____
Trash:	$ _____	Pet fees if applicable:	$ _____
Internet:	$ _____	Other:	$ _____

ESTIMATED MONTHLY HOUSING COST

$ _____

MOVE-IN COSTS MAY INCLUDE

- ☐ application fee
- ☐ security deposit
- ☐ first month's rent
- ☐ last month's rent where applicable
- ☐ utility deposits
- ☐ moving expenses
- ☐ basic household supplies
- ☐ furniture
- ☐ other fees

Ask exactly what is included before comparing two places.

The cheapest rent is not always the cheapest place to live.

Move-In Day Document First

A few minutes of photos and notes now can save a lot of stress later.

Before you unpack and make the space your own, take time to check the condition of your new home. Documenting what you see helps protect you later if there are questions about damage.

CHECK THESE AREAS:

- ☐ walls
- ☐ floors
- ☐ ceilings
- ☐ doors
- ☐ locks
- ☐ windows
- ☐ sinks
- ☐ faucets
- ☐ toilet
- ☐ shower/tub
- ☐ appliances
- ☐ cabinets
- ☐ lights
- ☐ outlets (where appropriate)
- ☐ heating/cooling
- ☐ smoke/CO alarms (where provided)
- ☐ existing damage
- ☐ other: _____
- ☐ other: _____
- ☐ other: _____

DOCUMENT:

- ☐ Take clear photos or video of existing damage.
- ☐ Keep copies somewhere safe.
- ☐ Complete a move-in condition form if provided.
- ☐ Report significant problems through the proper maintenance/contact process.

If it was damaged before I moved in, I want a record showing that.

THINGS I NOTICED AT MOVE-IN:

_____

_____

_____

_____

_____

_____

THINGS I REPORTED:

Issue: _____

_____

Date reported: _____

Reported to: _____

_____

FREE REFILL
Another copy is available in the Resource Hub.

Documenting today helps protect tomorrow.

Same space. Brighter days. _____

SECTION 5

Utilities + Home Accounts

Small things like running water, heat, and internet make a big difference in daily life.

GOOD THINGS AHEAD

Setting up and managing utilities is an important part of having a place to call home. Knowing what accounts you need and when to set them up helps you avoid surprises and keeps things running smoothly.

I NEED TO KNOW WHO HANDLES:

- ☐ Electricity
- ☐ Gas
- ☐ Water
- ☐ Trash
- ☐ Internet
- ☐ Renter's insurance
- ☐ Other: _____

BRIGHTER DAYS

WHEN I MOVE:

Remember to ask about:

- ☐ starting service
- ☐ deposits
- ☐ transferring service
- ☐ ending old service
- ☐ final bills
- ☐ returning equipment

A few phone calls now can prevent big headaches later.

ACCOUNT INFORMATION:

Company/provider: _____

Account/contact information: _____

Due date: _____ How I pay: _____

Company/provider: _____

Account/contact information: _____

Due date: _____ How I pay: _____

Company/provider: _____

Account/contact information: _____

Due date: _____ How I pay: _____

Do not record passwords, PINs, or full payment account numbers in this book.

GOOD TO KNOW:

Turning on the lights is surprisingly less automatic than movies make it look. ☺

Having the right services in place helps you feel settled, comfortable, and more in control.

YOU GOT THIS

SECTION 5

Roommates + Shared Space

"We'll figure it out" works better when some things are figured out before there is a problem.

Living with other people can be a great experience, but it also comes with challenges. Talking about important things early can help prevent confusion, hurt feelings, and avoidable conflict.

MONEY

- ☐ Who pays what?
- ☐ When is each person's share due?
- ☐ How are shared purchases handled?

FOOD

- ☐ Shared or separate?
- ☐ What can people use?
- ☐ How are groceries handled?

CLEANING

- ☐ What does "clean" mean to each person?
- ☐ Who handles what?
- ☐ How often?

GUESTS

- ☐ Are overnight guests okay?
- ☐ How much notice?
- ☐ How often?

QUIET + SLEEP

- ☐ Work/school schedules
- ☐ Music/TV
- ☐ Nighttime expectations

BELONGINGS + PRIVACY

- ☐ Ask before borrowing
- ☐ Bedrooms/private areas
- ☐ Mail/packages
- ☐ Personal information

SOMETHING I WANT TO BE CLEAR ABOUT:

_____

_____

_____

_____

_____

Boundaries are easier to discuss before resentment moves in too.

SECTION 5

Something Is Wrong With My Housing – Now What?

Most problems have a process. You do not have to figure it all out alone.

Problems can happen, even when you take good care of your place. The important thing is to stay calm, take the right steps, and keep a record.

IF SOMETHING BREAKS OR NEEDS ATTENTION:

1. Figure out what is happening.
2. Take photos when helpful.
3. Check the lease for the reporting process.
4. Contact the landlord/property manager.
5. Use written communication when possible or keep a record.
6. Note the date and response.
7. Follow up if necessary.
8. Get reliable local housing/legal help if the problem is serious or unresolved.

You are being responsible when you speak up.

MY RECORD:

Problem: _____

_____

_____

Date I noticed it: _____

Date I reported it: _____

Who I contacted: _____

What they said / next step:

_____

_____

_____

_____

_____

IMPORTANT:

- Do not assume every problem should be repaired personally.
- Some repairs require the landlord/property manager or a qualified professional.
- For emergencies or immediate safety hazards, use the appropriate emergency or local safety resources.

Ignoring a housing problem rarely makes it more polite.

Document. Communicate. Follow up.

Take action. Build confidence. You've got this.

SECTION 5

A Note From Someone in Your Corner

You do not have to know everything yet. You are learning.

This page is for a note from someone in your corner — a CASA, mentor, parent, grandparent, teacher, coach, or another person who believes in you.

SOMETHING I HOPE YOU REMEMBER WHEN YOU ARE CREATING A HOME OF YOUR OWN:

ONE THING I KNOW YOU ARE CAPABLE OF HANDLING:

IF SOMETHING ABOUT HOUSING FEELS CONFUSING OR OVERWHELMING, I HOPE YOU REMEMBER:

A NOTE JUST FOR YOU:

Home does not have to be perfect to be yours.
You can learn how to take care of your space — and yourself inside it.
There are people in your corner.

YOU ARE NOT ALONE

STRONGER THAN YOU THINK

BRIGHTER DAYS AHEAD

SECTION 6

Grocery Shopping
Without Making It a Whole Event

A little planning can save you time, money, and a lot of stress. The goal isn't a perfect grocery trip — it's a realistic one that helps you stock the basics and set yourself up for success.

A plan today makes tomorrow a little easier.

GOOD FOOD BRIGHTER DAYS

BEFORE I GO
WHAT DO I ALREADY HAVE?

Fridge: _____

Freezer: _____

Cabinet/pantry: _____

WHAT DO I ACTUALLY NEED?
MAKE A QUICK LIST BY CATEGORY.

Meals	_____
Breakfast / quick food	_____
Snacks	_____
Drinks	_____
Household basics	_____

PLAN SHOP EAT THRIVE

A SIMPLE SHOPPING PLAN

My budget: $ _____

Things I definitely need: _____

_____

_____

Things I can skip if I hit my budget: _____

_____

_____

WHILE I SHOP
HELPFUL HABITS TO KEEP IN MIND.

- ☐ Compare prices.
- ☐ Check the unit price when useful.
- ☐ Look at sizes.
- ☐ Consider store brands.
- ☐ Buy only amounts I can realistically use.
- ☐ Frozen and canned foods can be useful.
- ☐ Avoid shopping very hungry when possible.
- ☐ Remember that a sale is only helpful if I needed the thing.

Cheap food that gets thrown away is not actually cheap.

A LITTLE REMINDER:

A list is not a legally binding document. It is just there to stop me from coming home with six snacks and no dinner.

SMALL STEPS HEALTHIER TOMORROWS

SECTION 6

Feeding Myself Does Not Have to Be Fancy

A meal does not have to belong on the internet to count as dinner.

You do not have to be a good cook to nourish yourself. Basic meal-building can be simple, flexible, and totally doable, even if you are short on time, tired, or just not confident in the kitchen. With a few simple building blocks, you can put together meals that are satisfying, nourishing, and realistic for your real life.

SIMPLE MEAL FORMULA

CHOOSE SOMETHING FROM EACH GROUP:

1. 

SOMETHING FILLING
Rice, pasta, potatoes, bread/tortilla, oats, another grain or starch.

2. 

SOMETHING WITH PROTEIN
Eggs, beans, chicken, tuna, meat, yogurt, tofu, another protein.

3. 

SOMETHING FROM A PLANT
Fresh vegetables, frozen vegetables, canned vegetables, fruit.

4. 

SOMETHING THAT MAKES IT TASTE GOOD
Seasoning, sauce, cheese, dressing, herbs, whatever makes me willing to eat it.

EASY MEALS I CAN MAKE

1. _____
2. _____
3. _____
4. _____

MY "I HAVE NO ENERGY" FOOD

Things I can keep around for hard/busy days:

_____
_____
_____
_____



Fed is better than fancy.

GOOD FOOD BRIGHTER DAYS

FUEL YOUR FUTURE

REAL FOOD REAL LIFE

SMALL HABITS BIG CHANGES

SECTION 6

My Fridge Is Not a Time Capsule



When in doubt, throw it out.

GOOD CHOICES BRIGHTER DAYS

Food doesn't last forever. Knowing what's still good (and what's not) helps you stay healthy, waste less money, and avoid some very unpleasant surprises. A quick check now can save you a lot later.

CHECK DATES

IT'S A SIMPLE HABIT THAT PAYS OFF.

- ☐ Look at the "use by," "best by," or "sell by" date.
- ☐ These dates are guides, not exact deadlines, but they are helpful.
- ☐ If the food looks or smells strange, don't risk it.
- ☐ When in doubt, throw it out.
- ☐ Make it a habit to do a quick fridge check every week.

USE YOUR SENSES

THEY ARE PRETTY GOOD AT WARNING YOU.

- ☐ Does it look normal?
- ☐ Does it smell normal?
- ☐ Does it feel normal?
- ☐ If it's slimy, moldy, or has changed color, throw it out.
- ☐ Trust your gut (and your nose).

STORE IT RIGHT

GOOD STORAGE HELPS FOOD LAST LONGER.

- ☐ Keep your fridge at 40°F (4°C) or below.
- ☐ Store raw meat on the bottom shelf.
- ☐ Keep food in sealed containers.
- ☐ Label leftovers with the date.
- ☐ Use clear containers so you can see what you have.
- ☐ Keep your freezer organized too.
- ☐ Rotate older items to the front.

HOW LONG DOES IT LAST?

A QUICK REFERENCE GUIDE.

Milk	About 1 week after opening
Eggs	3–5 weeks in the fridge
Lunch meat	3–5 days after opening
Cooked leftovers	3–4 days
Fresh fruits & veggies	Varies (check for soft spots, sliminess, or mold)
Cheese	1–3 weeks (hard cheeses last longer)
Yogurt	1–2 weeks after opening

If it looks weird, smells weird, or you're not sure — it's okay to let it go.

FOOD I NEED TO USE SOON

MY FRIDGE CHECK LIST.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

A little attention now can save you money, keep you healthy, and prevent a very bad day later.

REAL SKILLS REAL LIFE

PLAN AHEAD LIVE BETTER

SMALL STEPS BIG CHANGES

A HEALTHIER YOU TOMORROW

SECTION 6

A Cleaner Space A Calmer You

Keeping your space clean doesn't have to be overwhelming. A little routine and a few simple habits can make a big difference in how your home feels — and how you feel.

A clean space won't change everything but it can make everything feel a little easier.

GOOD SPACES HAPPIER DAYS

WHY IT MATTERS

MORE THAN JUST LOOKS.



A cleaner space can:

- ☐ Help you feel less stressed.
- ☐ Make it easier to focus.
- ☐ Be healthier (fewer germs, less dust).
- ☐ Help you find what you need.
- ☐ Make your space feel more like home.
- ☐ Give you a sense of control.
- ☐ Take less time to maintain over time.

CLEAN SPACE BRIGHTER MOOD

SIMPLE CLEANING ROUTINE

KEEP IT REAL. KEEP IT DOABLE.



DAILY (5–10 MIN)	☐ Make your bed (or at least straighten it). ☐ Do a quick pickup (clothes, dishes, trash). ☐ Wipe down commonly used surfaces (kitchen counters, bathroom sink).
WEEKLY (20–30 MIN)	☐ Vacuum or sweep floors. ☐ Clean the bathroom (toilet, sink, mirror). ☐ Change bed sheets. ☐ Do laundry (or at least one load). ☐ Take out the trash.
MONTHLY (OR AS NEEDED)	☐ Dust surfaces (including shelves). ☐ Clean your appliances (microwave, fridge). ☐ Wipe baseboards and doors. ☐ Check for anything that needs repair.

CLEAN TODAY CALMER TOMORROW

CLEANING BASICS

A FEW HELPFUL TIPS.



- ☐ Start with one small area.
- ☐ Use the right cleaner for the surface.
- ☐ Keep a few basic supplies on hand (all-purpose cleaner, paper towels, sponges, trash bags).
- ☐ Work from top to bottom.
- ☐ Don't forget the spots you can't see (dust builds up!).
- ☐ Put things back where they belong.
- ☐ Set a timer — even 10 minutes can make a difference.

SMALL STEPS BIG CHANGES

MY CLEAN SPACE PLAN

SMALL STEPS. REAL PROGRESS.

One area I want to focus on: _____

When I will do it: _____

Supplies I need: _____

A little reward for getting it done: _____

Progress over perfection.



A little effort today. A more peaceful tomorrow. _____

SECTION 6

Laundry Without the Mystery



Clean clothes are a small kindness to your future self.

FRESH CLOTHES BRIGHTER DAYS

Laundry can feel confusing at first — all the different settings, symbols, and rules can be a lot. The good news is that a few simple steps can make it totally manageable. You do not have to be an expert to get clean clothes. Just a little knowledge and a simple routine go a long way.

SMALL STEPS CLEANER TOMORROWS

BEFORE WASHING



Check:

- ☐ pockets
- ☐ care labels when something is unfamiliar
- ☐ stains
- ☐ items that may need special care
- ☐ whether colors are likely to bleed

A BASIC LOAD



1. Put clothes in washer without packing it impossibly full.
2. Add the appropriate amount of detergent.
3. Choose a reasonable cycle.
4. Wash.
5. Move clothes to the dryer or hang them promptly.
6. Dry according to the care label.
7. Remove dry clothes.

CLEAN CLOTHES BRIGHTER YOU



TAKE CARE OF TODAY

THINGS THAT MAY NEED EXTRA ATTENTION



- ☐ delicate fabrics
- ☐ wool
- ☐ items marked hand-wash
- ☐ items marked dry-clean
- ☐ heavily stained clothing
- ☐ anything expensive enough that I would be furious if it became doll clothing

MY LAUNDRY PLAN

Laundry day / time that might work:

_____

_____

_____

Things I often forget:

_____

_____

_____





When in doubt, read the label. The shirt is trying to help.

Good choices today. A steadier tomorrow. _____

SECTION 6

Small Home Problems + Knowing When to Stop

Every home has small problems. Learning how to handle the little things can save you time, money, and stress. It's also important to know when something is a bigger issue and it's time to call for help.

> You don't have to know how to fix everything. You just have to know what to do next.

SMALL STEPS STRONGER SPACES

KNOW WHEN TO ASK FOR HELP

SAFER HOMES HAPPIER DAYS

COMMON SMALL HOME PROBLEMS

SIMPLE FIXES YOU CAN OFTEN HANDLE.

- ☐ Light bulb doesn't work — try a new bulb.
- ☐ Clogged drain — try a plunger or drain cleaner.
- ☐ Toilet keeps running — check the flapper inside the tank.
- ☐ Small wall holes — use spackle and paint.
- ☐ Squeaky door — tighten the screws.
- ☐ Loose cabinet handle — tighten with a screwdriver.
- ☐ Dead batteries — replace them (smoke detectors, remotes, etc.).
- ☐ Wi-Fi not working — unplug the router for 30 seconds and plug it back in.
- ☐ Minor spills or stains — clean them up right away.

WHEN TO HANDLE IT YOURSELF

IT'S USUALLY OKAY IF:

- ☐ It's a small, non-urgent issue.
- ☐ You feel comfortable and it feels safe.
- ☐ You have the right tools or supplies.
- ☐ It's something you've done before or can easily look up (YouTube is your friend!).
- ☐ It doesn't involve electricity, gas, major plumbing, or anything that feels risky.
- ☐ You're not sure — ask someone you trust before trying.

WHEN TO CALL FOR HELP

IT'S TIME TO BRING IN A PROFESSIONAL IF:

- ☐ There's a gas smell.
- ☐ There's a water leak you can't stop.
- ☐ The electricity isn't working or something feels unsafe.
- ☐ Your toilet is overflowing or won't stop running.
- ☐ You see mold (a lot of it).
- ☐ Your ceiling or walls have major water damage.
- ☐ You have a pest problem (rodents, insects, etc.).
- ☐ Your heating or air conditioning isn't working.
- ☐ You're not comfortable or don't feel safe handling it.
- ☐ It's a repeated problem and small fixes aren't working.
- ☐ It's part of your landlord's responsibility (if you're renting).

It's smart to know your limits. Asking for help is a sign of responsibility, not a weakness.

YOU GOT THIS

SECTION 6

Home Safety Basics Before Something Goes Wrong

A little preparation can make a big difference. Knowing basic safety information helps you feel more confident and know what to do if there's an emergency.

A safer home is a more peaceful home. Take a little time now to be prepared — for your future self.

PREPARE TODAY FOR A BRIGHTER TOMORROW

KNOW MORE WORRY LESS

SAFETY BUILDS CONFIDENCE

BE PREPARED BE PROUD

A SAFER HAPPIER YOU

I SHOULD KNOW

HOW DO I GET OUT?

Know at least one safe exit and another option where possible.

_____

_____

Where are smoke alarms?

_____

_____

Is there a carbon-monoxide alarm where appropriate?

_____

_____

Where is the fire extinguisher?

_____

_____

Where can I shut off water if I am responsible and know how?

_____

_____

Where is the electrical panel?

_____

_____

Who do I contact for a housing emergency?

_____

_____

IF I SMELL GAS

Do not stay inside trying to investigate. Leave the area and contact the appropriate emergency/gas service from a safe location.

IF THERE IS A FIRE

1. Get out.
2. Stay out.
3. Contact emergency services.
4. Do not go back inside for belongings.

BASIC EMERGENCY INFORMATION

Emergency number: _____

Property / maintenance emergency: _____

Trusted person: _____

USEFUL THINGS TO HAVE

- ☐ flashlight
- ☐ batteries
- ☐ phone charger/power bank
- ☐ basic first-aid supplies
- ☐ necessary medication
- ☐ water
- ☐ a small amount of shelf-stable food
- ☐ copies/access to important emergency information

The middle of an emergency is a terrible time to begin wondering where everything is.

SECTION 6

My Everyday Home Reset

Maintaining a home is mostly a bunch of small things done again. Nobody finishes forever.

SMALL THINGS MAKE A BIG DIFFERENCE

RESET TODAY A CALMER TOMORROW

CLEAN SPACE HAPPIFR YOU

YOU GOT THIS

THIS WEEK

FOOD

- [ ] Grocery check
- [ ] Use food that needs to be eaten
- [ ] Throw away unsafe/spoiled food
- [ ] Make a basic meal plan

HOME

- [ ] Trash
- [ ] Dishes
- [ ] Bathroom
- [ ] Floors
- [ ] Clear one problem area

LAUNDRY

- [ ] Clothes
- [ ] Towels
- [ ] Bedding if needed

LIFE STUFF

- [ ] Check mail
- [ ] Check bills/due dates
- [ ] Refill household basics
- [ ] Report maintenance issue
- [ ] Something I keep forgetting: _____

ONE THING THAT WOULD MAKE HOME FEEL BETTER THIS WEEK

_____

_____

_____

FREE REFILL

Another copy is available in the Resource Hub.

Small habits. A calmer home. A brighter you.

SECTION 6

A Note From Someone in Your Corner

A little encouragement, a few kind words, or a reminder of how far you've come can mean a lot. Use this space to write a note to yourself — or have someone who cares about you write a note to you.

You're doing better than you think.

KINDER WORDS BRIGHTER DAYS

YOU ARE ENOUGH

SAME GIRL BRIGHTER TOMORROW

SOMEONE BELIEVES IN YOU

PROGRESS NOT PERFECTION

BRAVER THAN YOU KNOW

YOU GOT THIS

SECTION 7

How Do I Get Where I Need to Go?

Planning ahead today gives you more freedom tomorrow.

SAME STEPS BIGGER PLACES

YOU GOT THIS

KNOW YOUR OPTIONS. MAKE A PLAN.

There isn't just one way to get where you need to go. The more options you know about, the more prepared and independent you'll be.

MY CURRENT OPTIONS

CHECK ALL THAT APPLY.

- ☐ My own vehicle
- ☐ Family/friend ride
- ☐ Public transportation
- ☐ Walking
- ☐ Bicycle
- ☐ Rideshare/taxi
- ☐ School or program transportation
- ☐ Community transportation
- ☐ Medical transportation if eligible
- ☐ Other: _____

THINGS I NEED TO THINK ABOUT

IT'S NOT JUST ABOUT GETTING THERE.

- ☐ travel time
- ☐ cost
- ☐ weather
- ☐ operating hours
- ☐ parking
- ☐ route changes
- ☐ accessibility
- ☐ safety
- ☐ whether transportation is available for the return trip too

PLACES I NEED TO GET TO REGULARLY

AND HOW I USUALLY GET THERE.

Work

How I usually get there: _____

How long it takes: _____

School / Training

How I usually get there: _____

How long it takes: _____

Appointments

How I usually get there: _____

How long it takes: _____

Grocery Store

How I usually get there: _____

How long it takes: _____

Other Important Place

How I usually get there: _____

How long it takes: _____

"I can get there" and "I can reliably get there" are not always the same thing.

MORE PLACES A BRIGHTER FUTURE





SECTION 7

What Does Transportation Really Cost?

A little planning today can give me more freedom tomorrow.

REAL COSTS REAL PLANS BRIGHTER DAYS

SMALL STEPS LEAD TO BIG PLANS

Transportation costs are part of the real cost of daily life. Whether I drive or use other options, getting where I need to go usually costs more than I think.

IF I DRIVE

Possible costs:

Car payment:	$ _____
Insurance:	$ _____
Fuel:	$ _____
Parking:	$ _____
Maintenance:	$ _____
Registration / fees:	$ _____
Repairs savings:	$ _____
Other:	$ _____

ESTIMATED MONTHLY TOTAL:

$ _____

IF I USE OTHER TRANSPORTATION

Possible costs:

Bus/train pass:	$ _____
Rideshare/taxi:	$ _____
Bike maintenance:	$ _____
Paying toward gas for rides:	$ _____
Other:	$ _____

ESTIMATED MONTHLY TOTAL:

$ _____

KNOW YOUR COSTS CHOOSE YOUR PATH

PLAN TODAY GO FURTHER

ONE TRANSPORTATION COST I NEED TO PLAN FOR BETTER

_____

_____

_____

The price of getting somewhere is part of the price of doing the thing.

That includes jobs, school, appointments, and daily life.

Reliable plans start with realistic numbers. _____

SECTION 7

My Transportation Backup Plan

A little preparation today can give me more freedom tomorrow.

PLAN AHEAD STAY READY

SAME ROUTES NEW OPTIONS BRIGHTER DAYS

This is a practical backup page for important commitments. Having a plan can help me stay on track, even if something unexpected happens.

IMPORTANT COMMITMENT

Could be: appointment • work shift • interview • class • training • meeting • important personal commitment

Where I need to be: _____

Date: _____ Time: _____

PLAN A

How I expect to get there: _____

What time I need to leave: _____

PLAN B

If Plan A falls through: _____

Who could I contact: _____

Phone/contact: _____

PLAN C

Another option: _____

IF I AM GOING TO BE LATE OR CANNOT GET THERE

Who do I need to contact? _____

How early should I contact them? _____

What can I say? _____

"I'm having a transportation problem and I may be late / unable to arrive. I wanted to let you know as soon as possible."

SOLVE PLAN MOVE FORWARD

YOU GOT THIS

DIFFERENT ROUTES STILL GET THERE

IMPORTANT

A transportation problem becomes a communication problem when nobody knows what is happening.
Telling someone early can protect options.

FREE REFILL

Another copy is available in the Resource Hub.

_____

A backup plan does not mean I expect failure. It means I am prepared.

_____

SECTION 7

A Note From Someone in Your Corner

REAL PEOPLE BELIEVE IN YOU

Different roads can still lead to a bright future.

SUPPORT TODAY STRONGER TOMORROW

This page is for a note from someone in your corner — a parent, grandparent, mentor, teacher, coach, CASA, or another person who believes in you.

YOU ARE MORE THAN YOUR TODAY

SOMEWHERE I HOPE LIFE TAKES YOU:	ONE THING I TRUST YOU TO FIGURE OUT:	IF PLANS FALL APART, I HOPE YOU REMEMBER:

A NOTE JUST FOR YOU

DIFFERENT ROUTES STILL LEAD TO BRIGHT DAYS



Plans change.
Routes change.
Getting redirected does not mean you are lost forever.
There are people in your corner.



SECTION 8

Where Did I Put That?

KEEP THE LOCATION. PROTECT THE SECRET.

A little organization today can bring a lot of peace tomorrow.

It can be hard to remember where important documents and information are stored, especially when life gets busy. Use this page to write down where to find things without writing the sensitive details themselves.

ITEM / INFORMATION	WHERE I KEEP OR FIND IT
Birth certificate	
Social Security card / ID document	
Passport	
Insurance information	
Lease	
Tax paperwork	
Vehicle documents	
School/training records	
Important digital records	
Other	

DO NOT WRITE HERE

For your safety, do not write any of the following on this page:

- passwords
- PINs
- full account numbers
- security codes
- Social Security number
- banking login information

Instead, record something like:

"Stored in my secure password manager."

or

"Original is in the locked file box."

KEEP THE LOCATION. PROTECT THE SECRET.

FREE REFILL
Another copy is available in the Resource Hub.

ORGANIZED TODAY LESS STRESS TOMORROW

PLAN STORE PROTECT YOUR FUTURE

SAME INFO LESS WORRY MORE FREEDOM

KEEP IT SAFE KEEP IT YOURS

GOOD HABITS LEAD TO BRIGHTER DAYS

SECTION 8

Health Appointments

HEALTH TODAY BRIGHTER TOMORROW

BE PREPARED. ASK QUESTIONS. TAKE CARE OF YOU.

Keeping track of your appointments can help you stay healthy and avoid bigger problems later. Use this page to write down your regular care providers and remind yourself what to bring and what to ask.

Taking care of your health is a powerful way to take care to your future.

QUESTIONS TODAY MORE OPTIONS TOMORROW

YOU GOT THIS

MY HEALTH CARE PROVIDERS

TYPE OF PROVIDER	NAME	PHONE NUMBER	LOCATION
Primary Care Doctor			
Dentist			
Eye Doctor			
Mental Health Provider (if applicable)			
Specialist (if applicable)			
Pharmacy			

BEFORE MY APPOINTMENT

- ☐ I know the date, time, and location.
- ☐ I have my ID and insurance card (if applicable).
- ☐ I know why I am going.
- ☐ I wrote down any questions I want to ask.
- ☐ I made a list of any symptoms or concerns.
- ☐ I have a way to get there (transportation).

QUESTIONS I WANT TO ASK

YOU DESERVE CARE, SUPPORT, AND A HEALTHY TOMORROW.

CHECK IN TAKE CARE MOVE FORWARD

NOTES AFTER MY APPOINTMENT

What did we talk about? What are the next steps? Do I need a follow-up appointment?

SMALL STEPS BIG CHANGE

Showing up for your health today helps you have more tomorrows.

SECTION 8

Prescriptions & Medications

KNOW WHAT YOU TAKE.

BE IN THE KNOW.

SMALL STEPS HEALTHIER TOMORROW.

SAME ROUTINE BRIGHTER DAYS

YOUR HEALTH MATTERS

PREPARE TODAY FOR A BRIGHTER TOMORROW

Staying on track with your health is a way of taking care of the future you. Small steps today make a big difference tomorrow.

KNOW WHAT YOU TAKE. BE IN THE KNOW.

Whether you take medication regularly or only sometimes, it's important to keep track of what you take, why you take it, and how to get refills. This page can help you stay organized and prepared.

MY CURRENT MEDICATIONS

MEDICATION NAME	WHY I TAKE IT	DOSE / HOW OFTEN	PRESCRIBING PROVIDER	

MY PHARMACY INFORMATION

PHARMACY NAME: _____

LOCATION: _____

PHONE NUMBER: _____

WEBSITE / APP: _____

REFILL REMINDERS

- ☐ I know how to request a refill.
- ☐ I know how much notice I need.
- ☐ I use a calendar or reminder.
- ☐ I know what to do if I run out.
- ☐ I keep track of my refills.
- ☐ I know if I need an appointment for a new prescription.
- ☐ I know who to contact if I have questions.

NOTES

_____

_____

_____

PLAN TRACK FEEL BETTER

Someone in your corner _____

SECTION 8

I Missed Something Important, Now What?

IT HAPPENS. YOU CAN STILL HANDLE IT.

Life gets busy. You might miss a payment, an appointment, a deadline, or an important mail notice. It doesn't mean you've ruined everything. What matters most is what you do next. This page will help you slow down, figure out the next step, and take action.

Missing something doesn't mean you've failed. It means you're human. What matters now is that you keep going. You can figure this out.

IT HAPPENS. YOU CAN STILL HANDLE IT.

SMALL STEPS FOR A BRIGHTER TOMORROW.

PROGRESS NOT PERFECTION.

YOU ARE CAPABLE OF MORE THAN YOU THINK.

PLAN ASK TAKE ACTION KEEP GOING.

A BRIGHTER TOMORROW IS STILL AHEAD.

TAKE A DEEP BREATH

- [ ] Remind myself that everyone makes mistakes.
- [ ] Take a breath and try not to panic.
- [ ] Look at what I missed and when it was due.
- [ ] Gather any information I have (letters, emails, account details, etc.).
- [ ] Decide who I need to contact.
- [ ] Make a plan to reach out as soon as possible.
- [ ] Ask for help if I'm unsure what to do.
- [ ] Take the first step, even if it's just a phone call.

WHO DO I NEED TO CONTACT?

SITUATION	WHO TO CONTACT
Missed a bill payment	
Missed a medical appointment	
Missed a prescription refill	
Missed a school deadline	
Missed a work shift or deadline	
Received an official notice	
Other:	

WHAT CAN I SAY?

It's okay to be honest. You don't have to have the perfect words. Here are some simple examples you can use or adapt:

- "I missed the deadline. What are my options now?"
- "I wasn't able to make my appointment. Can I reschedule?"
- "I'm working on getting this taken care of. What do I need to do next?"
- "I need help understanding what's happening. Can you explain it to me?"
- "Is there a payment plan or another option available?"

MY NEXT STEPS

Write the next 1–3 steps you will take. Even a small step counts.

1. _____
2. _____
3. _____

SECTION 8

My Official Stuff Checkpoint

A QUICK CHECK TO HELP ME STAY ON TRACK.

Life is a lot easier when important things are in one place, information is up to date, and I know what to do if something changes. Use this page to check in, see what's complete, and note anything you still want to take care of.

You're not expected to have everything figured out yet.

Checking in now helps you feel more in control later.

You're doing better than you think.

SMALL STEPS KEEP YOU ON TRACK.

GET ORGANIZED FEEL MORE CONFIDENT.

TODAY'S CHECKLIST BUILDS A BRIGHTER TOMORROW.

SAME SMALL STEPS BUILD A STRONGER TOMORROW.

MY DOCUMENTS	NOTES / NEXT STEP
☐ I have the important documents I need.	
☐ I know where they are stored.	
☐ I know how to get a replacement if needed.	
☐ I have digital copies (if possible).	
☐ I know who can help me if I'm unsure.	

MY HEALTH	NOTES / NEXT STEP
☐ I know my basic health information.	
☐ I know my regular (primary) provider.	
☐ I know how to make an appointment.	
☐ I know where my prescriptions are filled.	
☐ I understand my insurance basics.	

MY ACCOUNTS + BILLS	NOTES / NEXT STEP
☐ I know how to access my important accounts (email, bank, insurance, etc.).	
☐ I know how to read and respond to official mail.	
☐ I have a plan for handling bills and deadlines.	
☐ I know who to contact if I'm unsure or need help.	

I'M STILL FIGURING THIS OUT	NOTES / NEXT STEP
☐ This is something I still need to learn or do.	
☐ I'm not sure where to start yet.	
☐ I want to ask someone for guidance.	
☐ I'm making a plan to take care of it soon.	
☐ Other: _____	

Progress doesn't mean everything is done.
It means I'm paying attention and taking steps.

SECTION 8

A Note From Someone in Your Corner

A FEW KIND WORDS CAN GO A LONG WAY.

REAL PEOPLE REAL SUPPORT BRIGHTER DAYS.

YOU ARE NOT ALONE.

JUST A FEW WORDS FOR YOU...

This space is for someone who cares about you — a CASA, mentor, family member, friend, or another person in your corner — to share their thoughts, encouragement, or anything they want you to remember.

Dear You,

You've got this!

Someone in your corner sees your strength, believes in your potential, and reminds you that you are capable of amazing things.

You are not alone.

KIND PEOPLE LEAVE A LASTING IMPACT.

YOU MATTER. YOU BELONG. YOU CAN DO THIS.

Sometimes a few words from the right person can make a big difference.

SECTION 9

School + Training Words Nobody Explains

Not knowing the vocabulary does not mean I don't belong there.

NEW WORDS BRIGHTER FUTURES.

SAME WORDS. BRIGHTER OPPORTUNITIES.

CLEARER WORDS. A MORE CONFIDENT YOU.

Schools, training programs, and the military all have their own language. Here are some common words you may see, along with simple explanations. Exact meanings can vary, so always check with the school, program, or official source for the most current information.

PROGRAM	A planned course of study or training designed toward a degree, certificate, credential, or specific skill.
MAJOR	The main subject studied in many college degree programs.
CREDIT / CREDIT HOUR	A unit schools may use to measure coursework toward completion.
PREREQUISITE	Something I must complete before taking another course or entering part of a program.
ENROLLMENT	Officially joining or registering with a school or program.
ADMISSION	Being accepted into a school or program.
CERTIFICATE / CERTIFICATION / CREDENTIAL	Terms used for different types of proof that training or requirements were completed. Exact meanings depend on the program or profession.
TRANSCRIPT	An official record of courses, grades, or educational progress.
FAFSA / FINANCIAL-AID FORMS	Schools or programs may require financial information or specific aid forms when determining eligibility for certain types of assistance.
TUITION	The amount charged for instruction.
FEES	Additional required costs that may be separate from tuition.
ACADEMIC ADVISOR / PROGRAM ADVISOR	Someone who can help explain requirements and planning.
DROP / WITHDRAW	Ways of leaving a class after registration. Rules, deadlines, and financial consequences may differ.

YOU GOT THIS!

IT'S OKAY TO ASK QUESTIONS.

KNOWLEDGE OPENS DOORS.

THE MORE YOU KNOW, THE MORE CHOICES YOU HAVE.

REMEMBER THIS

It's okay if these words feel new or confusing. Everyone starts somewhere. Asking questions is a smart and brave thing to do. The more you understand the language, the more confident you'll feel in your next steps.



SECTION 9

Exploring My Options

IT'S OKAY NOT TO KNOW YET.

It's okay not to know yet. Exploring is a step forward.



DIFFERENT PATHS. BRIGHT FUTURES.

There are many ways to build a life you're proud of. This page can help you think through what might be a good fit for you. You don't have to have it all figured out right now — this is about exploring, not deciding.



DIFFERENT PATHS. BRIGHT FUTURES.

YOU ARE CAPABLE OF MORE THAN YOU THINK.

PATHS TO CONSIDER

OPTIONS, NOT EXPECTATIONS.

- ☐ 4-year college
- ☐ 2-year community college
- ☐ Trade or technical training
- ☐ Certification programs
- ☐ Apprenticeship (earn while you learn)
- ☐ Military service (if it's right for you)
- ☐ Work and gaining experience
- ☐ Learning on the job
- ☐ A gap before deciding
- ☐ Changing direction later
- ☐ Something I haven't discovered yet

WHAT MATTERS TO ME?

THINK ABOUT WHAT FEELS RIGHT.

What interests me?

_____

_____

_____

What am I good at?

_____

_____

_____

What kind of lifestyle do I want?

_____

_____

_____

What is important to me in a future job or career?

_____

_____

_____

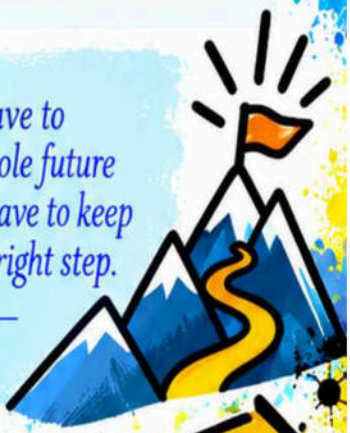
THINGS TO REMEMBER

KEEP THESE IN MIND.

- My path does not have to look like anyone else's.
- Different does not mean behind.
- It's okay to take time to explore.
- I can change direction later.
- There is no "one right" path.
- Every experience can teach me something.
- Progress still counts, even if it's not a straight line.

You don't have to choose your whole future today. You just have to keep taking the next right step.

_____



NEXT STEPS AHEAD

Curiosity today. More possibilities tomorrow. _____

SECTION 9

My Next Step Plan

DREAM
PLAN
TAKE
ACTION
REPEAT.

A plan doesn't have to be perfect to be powerful. Small steps today can lead to big opportunities tomorrow.

TURNING IDEAS INTO A PLAN THAT FITS MY LIFE.

You don't have to have everything figured out. This page helps you think through your next steps and what you can do now. Plans can change, and that's okay. The goal is progress, not perfection.



PROGRESS
LOOKS
DIFFERENT
FOR
EVERYONE.
AND THAT'S
OKAY.

MY GOAL
WHAT AM I WORKING TOWARD?

My next step goal is:

WHY IT MATTERS
WHAT'S IMPORTANT TO ME?

Why is this next step a good fit for me right now?

STEPS I CAN TAKE
SMALL STEPS MAKE PROGRESS.

What are 3–5 steps I can take to move toward this goal?

1.
2.
3.
4.
5.

PEOPLE WHO CAN SUPPORT ME
I DON'T HAVE TO DO THIS ALONE.

Who can support me? (Examples: CASA, family member, friend, teacher, advisor, mentor, etc.)



IMPORTANT DATES
KEY DATES TO REMEMBER.

- ☐ Application deadline:
- ☐ Financial aid deadline:
- ☐ Testing date (if needed):
- ☐ Other:

WHAT I CAN DO RIGHT NOW
SOMETHING I CAN DO THIS WEEK.

What is one action I can take this week, no matter how small?

SMALL
STEPS
LEAD TO
BIG
THINGS.

A NOTE TO MY FUTURE SELF
YOU'VE GOT THIS.

Write a short note to yourself about the next step you're taking. What do you want to remember?

Progress is still progress.

SECTION 9

A Note From Someone in Your Corner

SAME YOU. BRIGHT TOMORROWS AHEAD.

You have options, and you have time to figure out what's right for you. Whatever path you choose, I'm proud of you for showing up, asking questions, and taking steps toward your future.

Your next step doesn't have to be perfect to be meaningful. I believe in you — today and whatever comes next.

YOU ARE MORE THAN YOUR NEXT STEP

SMALL STEPS BIG THINGS

YOU GOT THIS

MY NOTE TO YOU:

PLAN
EXPLORE
LEARN
GROW
REPEAT

You are capable.
You are more prepared than you might feel.
You have a bright future, and I'm grateful to be part of your journey.

WITH ENCOURAGEMENT,

DATE:

BRIGHTER TOMORROWS AHEAD

SECTION 10

Going Out, And Getting Home Safely

A good plan gives you more freedom, not less.

FUN AND A PLAN CAN EXIST IN THE SAME NIGHT.

REAL PEOPLE SAFER LIVES

Whether you're heading to a friend's house, a concert, a party, or just out for the evening, a little planning can help you enjoy your time and get home safely. Independence is important, and so is having a plan — before you need it.

BEFORE I GO

IT HELPS TO KNOW:

- ☐ Where I am going
- ☐ Who I am going with
- ☐ How I expect to get home
- ☐ What time transportation stops running (if applicable)
- ☐ Whether my phone is charged
- ☐ How much transportation may cost
- ☐ Who I could contact if plans change

A little planning now can prevent a lot of stress later.

MY GET-HOME PLAN

Where I'm going: _____

How I plan to get there: _____

How I plan to get home: _____

Backup option: _____

Person I could contact: _____

WHEN I AM OUT

USEFUL HABITS:

- ☐ Keep track of my phone and belongings
- ☐ Stay aware of where I am
- ☐ Do not leave someone stranded without communicating
- ☐ Do not drive impaired
- ☐ Do not get into a vehicle with an impaired driver
- ☐ Arrangeanother ride when needed
- ☐ Leave a situation if I feel unsafe

It's okay to change plans. My safety matters.

IF MY PLAN FALLS APART

I CAN:

- ☐ Contact someone I trust
- ☐ Arrange another safe ride
- ☐ Go to a staffed or public place
- ☐ Ask security or staff for help
- ☐ Contact emergency services if needed

I would rather deal with an inconvenient ride home than an unsafe one.

THINGS TO REMEMBER

- ☐ Trust my instincts.
- ☐ Keep my phone charged when possible.
- ☐ Know my surroundings.
- ☐ Look out for my friends and let them look out for me.
- ☐ It's always okay to leave if something doesn't feel right.

Getting home safely is more important than pretending everything went according to plan.

Plan ahead. Enjoy the moment. Get home safely.

FREE REFILL
Another copy is available in the Resource Hub.

GOOD CHOICES BRIGHTER TOMORROWS

SECTION 10

My Personal Safety Plan

BE PREPARED. BE AWARE. BE EMPOWERED.

I am allowed to take up space, set boundaries, and keep myself safe.

REAL PEOPLE SAFER TOMORROWS

A safety plan isn't about living in fear — it's about being prepared. Having a plan can help you feel more confident, make safer choices, and know what to do if a situation doesn't feel right.

PEOPLE I CAN COUNT ON

PEOPLE I CAN CONTACT IF I NEED HELP.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

It's a strength to ask for help.

SAFE PLACES

PLACES I CAN GO IF I FEEL UNSAFE.

- ☐ Home
- ☐ A friend or family member's house
- ☐ A trusted neighbor
- ☐ A 24-hour public place (like a store, hospital, or gas station)
- ☐ School, work, or a community center
- ☐ Other: _____
- ☐ Other: _____

There is always a safer option. I can leave a situation if I need to.

IMPORTANT NUMBERS

NUMBERS I MAY NEED.

- ☐ Emergency Services: 911
- ☐ Non-emergency police: _____
- ☐ Trusted friend: _____
- ☐ Family member: _____
- ☐ Mentor/CASA: _____
- ☐ Crisis support line: _____
- ☐ Other: _____
- ☐ Other: _____

Having these numbers ready can make a big difference.

RED FLAGS FOR ME

SITUATIONS THAT MAY FEEL UNSAFE.

- ☐ Feeling pressured
- ☐ Someone not respecting my no
- ☐ Being in a place that doesn't feel safe
- ☐ Someone who makes me feel uncomfortable or afraid
- ☐ Being alone with someone I don't trust
- ☐ Substance use around me
- ☐ Other: _____
- ☐ Other: _____

I trust my instincts. If something feels off, it probably is.

MY SAFETY STRATEGIES

THINGS THAT HELP ME STAY SAFE.

- ☐ Keep my phone charged
- ☐ Let someone know where I am
- ☐ Plan my transportation
- ☐ Stay aware of my surroundings
- ☐ Avoid isolated areas
- ☐ Trust my gut and leave if needed
- ☐ Keep personal information private
- ☐ Other: _____
- ☐ Other: _____

Small steps add up to big peace of mind.

IN A TOUGH SITUATION

STEPS I CAN TAKE.

- ☐ Remove myself from the situation
- ☐ Go to a safer place
- ☐ Contact someone I trust
- ☐ Call for help if needed
- ☐ Keep my phone with me
- ☐ Use a code word with a trusted person
- ☐ Trust my instincts
- ☐ Other: _____
- ☐ Other: _____

I can choose safety. Every time.

A plan today gives me more freedom tomorrow. _____

SECTION 10

A Note From Someone in Your Corner

YOU ARE SEEN. YOU ARE SUPPORTED. YOU MATTER.

Sometimes all it takes is one person who believes in you to make a big difference.

REAL PEOPLE BRIGHTER TOMORROWS

This is space for a note from a CASA, mentor, family member, teacher, or another caring adult in your life. These words are here to encourage you, remind you of your strengths, and let you know someone is in your corner.

Dear _____,

With encouragement,

_____

You don't have to do this alone.
You have people in your corner.

You are more capable than you may realize.

SECTION 11

When Life Feels Heavy

REAL FEELINGS REAL STRENGTH YOU GOT THIS

What I'm feeling is valid.

IT'S OKAY TO FEEL IT

IT DOESN'T ALWAYS LOOK DRAMATIC.

Hard days do not always look dramatic. Sometimes they look like not answering messages. Or staring at something I need to do and doing absolutely none of it.

WHEN I AM HAVING A HARD TIME, I MIGHT:

- ☐ get quiet
- ☐ feel irritated
- ☐ cry
- ☐ sleep more
- ☐ have trouble sleeping
- ☐ avoid people
- ☐ avoid things I need to do
- ☐ forget things
- ☐ have trouble concentrating
- ☐ feel restless
- ☐ feel numb
- ☐ want everything to stop demanding something from me
- ☐ other: _____

SMALL STEPS STILL COUNT

PAUSE BREATHE YOU'RE ENOUGH

THINGS THAT TEND TO MAKE LIFE FEEL HEAVIER FOR ME:

_____

_____

_____

_____

SIGNS THAT I MAY NEED TO SLOW DOWN OR ASK FOR HELP:

_____

_____

_____

_____

BRAVER TOMORROWS ARE POSSIBLE

Noticing what is happening is information.
I do not have to judge myself for having a hard day.

IT WILL BE OKAY TOMORROW TOO

Awareness is a way to take care of yourself.

SECTION 11

What Helps Me Feel a Little More Grounded?

I DON'T NEED SOMETHING TO FIX EVERYTHING.
SOMETIMES I JUST NEED SOMETHING THAT HELPS BY FIVE PERCENT.

Small steps can make a big difference.

Everyone is different. What helps one person might not help another.
Use this page to explore what actually helps you.

THINGS THAT MAY HELP ME:

- ☐ step outside
- ☐ drink water
- ☐ eat something
- ☐ shower
- ☐ change clothes
- ☐ sit somewhere quiet
- ☐ music
- ☐ movement
- ☐ sleep
- ☐ clean one tiny area
- ☐ write things down
- ☐ talk to someone
- ☐ get off social media for a while
- ☐ take a drive or walk
- ☐ sit safe
- ☐ watch something familiar
- ☐ hold/pet an animal
- ☐ breathe slowly
- ☐ do something with my hands
- ☐ ask someone to stay with me
- ☐ other: _____

Progress doesn't have to be big to be real.

THINGS THAT ACTUALLY HELP ME:

_____
_____
_____
_____

SOMETHING THAT PEOPLE SUGGEST THAT DOES NOT HELP ME:

_____
_____
_____
_____

A PLACE WHERE I USUALLY FEEL A LITTLE SAFER OR CALMER:

_____
_____
_____
_____

Five percent better still counts.

SAME KID BRIGHTER TOMORROW

PROGRESS NOT PERFECTION

YOU GOT THIS

KINDER TODAY BRAVER TOMORROW

IT'S OKAY TO TAKE UP SPACE

You can take care of today.

The Next Ten Minutes

WHEN EVERYTHING FEELS IMPOSSIBLE, I CAN JUST FOCUS ON THE NEXT TEN MINUTES.

Small steps still move me forward.

I do not have to figure out everything right now. I just need one small step. Ten minutes is manageable. Ten minutes can create a little more space, a little more clarity, or a small shift in how I feel.

SMALL STEPS BRIGHTER DAYS

PROGRESS OVER PERFECTION

YOU CAN DO THIS

TAKE A BREATH TAKE A STEP YOU'VE GOT THIS

KINDER TODAY BRAVER TOMORROW

RIGHT NOW, I CAN:

- ☐ take a few deep breaths
- ☐ drink a glass of water
- ☐ eat something
- ☐ step outside
- ☐ wash my face or shower
- ☐ change my environment
- ☐ open a window
- ☐ put on comfortable clothes
- ☐ listen to music
- ☐ write down what is on my mind
- ☐ text or call someone I trust
- ☐ do one small task
- ☐ take a short walk or stretch
- ☐ be still for a few minutes
- ☐ other: _____

MY NEXT TEN MINUTES PLAN

What I will do right now (keep it small):

_____

_____

_____

_____

What I need (if anything):

_____

_____

_____

Who I can reach out to (if needed):

_____

_____

AFTER TEN MINUTES, I CAN CHECK IN:

How do I feel now?

- ☐ a little calmer
- ☐ a little more clear
- ☐ about the same
- ☐ a little less overwhelmed
- ☐ ready for the next small step
- ☐ still struggling, and that's okay

A GENTLE REMINDER

I don't have to do everything today.
I just have to take care of this moment.
Progress can be quiet.
It still counts.

_____

One small step can change the next hour.

SECTION 11

When I Need Support

YOU ARE NOT ALONE

You are not a burden. You are worthy of support.

STRONGER PEOPLE ASK FOR HELP

REACHING OUT IS A STRENGTH, NOT A WEAKNESS.

Everyone needs support sometimes. It doesn't mean I can't handle things. It means I'm human, and I know when to ask for help. The right people can remind me that I'm not alone and help me see a way forward.

PEOPLE I CAN REACH OUT TO:

Who are my people? (family, friends, mentors, CASA, teacher, coach, counselor, etc.)

_____

_____

_____

_____

_____

WAYS I CAN REACH OUT:

How can I get in touch? (text, call, in person, email, etc.)

_____

_____

_____

_____

_____

REAL PEOPLE REAL SUPPORT REAL CHANGE

ASK REACH TALK HEAL GROW

WHAT I MIGHT SAY:

It can be hard to know what to say. Here are some ideas or write your own:

- ☐ I'm having a really hard day.
- ☐ I could use someone to talk to.
- ☐ I'm feeling overwhelmed and could use some support.
- ☐ Can we just hang out for a bit?
- ☐ I'm not okay right now, and I could use a check-in.
- ☐ Can you help me think this through?
- ☐ I don't know what I need, but I could use you right now.
- ☐ Other: _____

SUPPORT RESOURCES:

Places I can turn to (local or national resources):

_____

_____

_____

_____

_____

_____

_____

REMINDERS FOR MYSELF:

- ☐ Asking for help is brave.
- ☐ I don't have to go through hard things alone.
- ☐ There are people who care about me.
- ☐ Support can help me see things more clearly.
- ☐ I am worthy of kindness, understanding, and support.

You don't have to do this alone.

KINDER TODAY BRAVER TOMORROW



Real strength includes asking for support.

SECTION 11

My Hard Day Plan

SIMPLE STEPS FOR WHEN THINGS FEEL LIKE TOO MUCH.

Hard days happen. Having a plan can make it a little easier to get through those moments. This is my personal plan — a reminder of what to do, who to reach out to, and what helps me feel a little more steady.

You can have a hard day and still make progress.

TOUGH DAYS DON'T LAST FOREVER

REAL PEOPLE REAL SUPPORT

SMALL STEPS STILL COUNT

YOU GOT THIS

WHEN I NOTICE I'M HAVING A HARD DAY, I CAN:

- ☐ pause and take a breath
- ☐ use my next ten minutes plan (page 112)
- ☐ do one small thing
- ☐ remind myself that this feeling is temporary
- ☐ reach out to someone
- ☐ be honest about how I feel
- ☐ give myself permission to rest
- ☐ remember that I have gotten through tough days before
- ☐ other: _____

PEOPLE I CAN REACH OUT TO:

Write names, phone numbers, or how to contact them.

_____

_____

_____

_____

PLACES I CAN GO (IN PERSON OR ONLINE):

Somewhere I feel safer, calmer, or supported.

_____

_____

_____

THINGS THAT USUALLY HELP ME:

What actually helps (even a little)?

_____

_____

_____

_____

THINGS TO AVOID (OR LIMIT) ON A HARD DAY:

What tends to make things harder for me?

_____

_____

_____

_____

A FEW KIND REMINDERS FOR ME:

- ☐ It's okay to ask for help.
- ☐ I don't have to do everything today.
- ☐ This feeling will not last forever.
- ☐ Taking care of myself is not selfish.
- ☐ I am stronger than this moment.
- ☐ I can get through hard days.

This is a plan for the hard days — and the better days, too.

You have a plan. You are not alone.

SECTION 11

A Note From Someone in Your Corner

YOU ARE NOT ALONE IN THE HARD DAYS.

Sometimes the most important thing you need to hear is a reminder that you are seen, you are valued, and you don't have to carry everything by yourself. Use this space for a note from someone who cares about you – a CASA, mentor, family member, friend, or anyone in your corner.

You are stronger than you know and you are never alone.

REAL SUPPORT LOOKS DIFFERENT FOR EVERYONE AND THAT'S OKAY.

YOU ARE SEEN. YOU ARE VALUED. YOU ARE ENOUGH.

SAME KID. BRIGHTER DAYS. YOU GOT THIS

A NOTE FROM SOMEONE IN YOUR CORNER:

There are people who believe in you, even on the days you struggle to believe in yourself.

SECTION 11

A Few More Notes From Someone in Your Corner

DIFFERENT PEOPLE DIFFERENT STORIES SAME SUPPORT

REAL PEOPLE LEAVE REAL IMPACT

The people who believe in you often see things in you that you may not see in yourself yet.

GOOD PEOPLE SEE A BRIGHTER YOU.

KINDER PEOPLE LEAVE A LASTING IMPACT

Throughout this book, there have been places for someone in your corner to leave you a note.

These last pages are different.
They do not belong to any section.
They do not need to teach anything.
They are simply here for words someone may want you to have.

A reminder.
A story.
Advice.
Something they admire about you.
Something funny.
Something they hope you remember five years from now.
Something they want you to find someday when you need it.

WORDS WORTH KEEPING.

These pages can be filled now.
Or later.
By one person.
Or several.
There are no rules.

YOUR STORY MATTERS

Some words deserve somewhere permanent to live.



A NOTE FROM

Someone in Your Corner

KIND PEOPLE CHANGE LIVES.

REAL PEOPLE LEAVE REAL IMPACT

SAME KID BRIGHTER TOMORROW

YOU GOT THIS

FROM: _____ DATE: _____ *(optional)*

For something you want them to find someday.



