Your Next 7 Days

For adults who guide young people

One action. One opportunity to practice. One review within seven days. Use this on its own or carry forward your workshop plan. Keep your answers private.

An observation before an assumption
What did I actually see or hear? What am I assuming? Leave out identifying details.

_____

One change in my example
What action will I model more consistently this week?

_____

When and where
When / if _____, I will _____.

_____

A useful check-in
When and through which approved channel will I invite a conversation? Ask: “What support would be useful to you?”

_____

Follow-through I can keep
What next step will I agree on with the young person? When will I reconnect?

_____

One review
I will review on _____. Did I follow through? What did I learn? What will I adjust?

_____

Example: At our next scheduled program meeting, I will acknowledge the check-in I missed, ask whether a new time would help, and offer one time I can keep.

Work within an established, appropriate relationship and follow your organization’s safeguarding and communication rules. Respect a declined invitation. Do not record private disclosures here.