

# MY PLAN, MY FUTURE

## 1 Dream it!

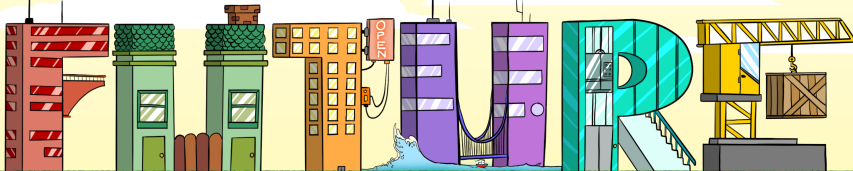
Make a plan for the next 12 months. Make sure your plan is clear and reasonable with a deadline.

## 2 Share it!

Find an adult who cares about your future and let them know your plan. Ask for advice and accountability. You're more likely to follow through if someone else has your back.

## 3 Start it!

Take the first step. This may include something immediate, like raising your GPA with extra credit or something bigger, like learning how to set a doctor's appointment. No matter what, get started!



Scan the QR code with your mobile device for planning resources and ideas.

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# Are you a trusted **ADULT** to a teenager?

Remember when you were about to become an adult?

Excitement, fear, curiosity, confidence, and many other feelings are all part of the transition from adolescence to adulthood.

***My Plan, My Future*** is a simple prompt to help young people move successfully from adolescence to adulthood.

Share these three steps with the teens in your life.



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