Youth / Young Adult’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_

Name of other participants / roles: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. People Who Are Close to the Young Person

(e.g., family, extended family, relatives, and other informal key players)

Who would you define as your family?

Who in your family do you admire the most and why?

When do you feel the closest to your family?

What are your happiest memories with your family?

What do you like most about your mom, dad, sister, brother, aunt, grandmother, etc.?

What do you think they like most about you?

Who would you define as your friends/social network?

What are some of your happiest times with your friends?

Who are you closest to?

What do you admire the most about them?

What are some ways that your friends have helped you?

Who else is an important part of your life?

Is there anyone else who ever helps you or your family?

What services that you receive do you or your family feel help you?

What services/resources have you received in the past that helped you or your family?

What obstacles do you face to have the relationship you want with family/friends/formal supports?

With whom would you like to have a better relationship?

1. Young Person’s and Family’s Strengths and Interests

What are some of the things you think you are best at?

What does your family think you are best at?

What do you like to do in your free time?

What groups and activities are you involved in or would you like to be involved in?

What are your dreams/goals?

What are the interests/dreams/goals of your informal key players? (e.g., mom, dad, sister, brother, grandmother, uncle, aunt)

What activities and interests do you share with your family? With friends?

What keeps you from engaging in the activities/interests that you enjoy?

1. Values, Culture, and Natural Resources of the Family

What traditions do you have with your family? (If spiritual beliefs are shared, discuss areas of strength around these.)

What would you say your family’s values are?

What areas do you wish you could strengthen as it relates to your values? Your culture?

1. Vision and Needs of the Young Person Across Life Domains

Employment/Career

What types of jobs/volunteer opportunities have you had?

What types of jobs/volunteer opportunities would you like to have?

What might get in the way of you reaching your employment and career goals?

Educational Opportunities

When do you do your best educationally?

What educational goals do you have?

What could get in the way of you reaching your educational goals?

Living Situation

What types of living situations do you do your best in?

What is your ideal living situation?

What skills do you need to learn to obtain your ideal living situation?

Personal Effectiveness/Well-being

Who do you help?

How do you help other people?

How do you keep up your relationships with the people who are close to you?

What do you still need to learn about keeping up relationships?

How do you deal with stress?

What do you do to relax?

What dangers do you face?

Where and when do you face dangers?

How do you deal with these dangers?

When do you speak up for yourself?

When you want to find out something, where do you get information?

What do you do to take care of your health?

How do you get the medical and dental services that you need?

If the young person is pregnant or a parent:

* How do you take care of the health of your child (children)?
* Who gets (will get) medical attention for your child (children)?
* Who does (will) rear your child (children)?
* Who does (will) discipline your child (children)?
* Who does (will) pay for your child’s (children’s) needs?

Community Life Functioning

How do you get around your neighborhood?

What community groups do you take part in?

What dangerous situations do you see in your neighborhood?

How do you avoid these dangerous situations?

What do you need to avoid dangerous situations?

Where do you go to have fun or get entertained?

Who do you usually go with to have fun?

What services would you like to see offered in your community?

How do you manage your money?

What do you need to learn about managing your money?

Where do you find spiritual comfort?

Life Coach Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_