

Where is your child on the path to experiencing adult Potential?

*Check off in 39 categories which level of maturity your older child, teenager or young adult has achieved in key areas of a fully developed life toward independence as an adult.
Honestly identify which of the three levels of responsible behavior best describe your child.*

- **Immature behavior includes:** Very irresponsible, impulsive or dangerous actions.
- **Growing behavior includes:** Building a sense of responsibility and accountability.
- **Mature behavior includes:** Fully developed life with a disciplined sense of purpose.

| Behavior | Immature | Growing | Mature |
|--|----------|---------|--------|
| 1. <u>Physical health and fitness, (diet, sleep, exercise)</u> | | | |
| 2. <u>Physical & dental healthcare, (regular check-ups)</u> | | | |
| 3. <u>Personal hygiene and cleanliness, (body & clothing)</u> | | | |
| 4. <u>Substance use (alcohol, tobacco, caffeine, sugar)</u> | | | |
| 5. <u>Self-discipline, (exercise, food, spending)</u> | | | |
| 6. <u>Ability to say “no” to impulses, (sex, gambling, rage)</u> | | | |
| 7. <u>Personal choices, (clothing, driving habits, respect)</u> | | | |
| 8. <u>Media choices, (Internet, TV, radio, streaming, social)</u> | | | |
| 9. <u>Emotional control, (anger, guilt, shame, worry, stress)</u> | | | |
| 10. <u>Positive self-concept and personal confidence</u> | | | |
| 11. <u>Spiritual interest and spiritual awareness</u> | | | |
| 12. <u>Spiritual disciplines like gratitude, patience or peace</u> | | | |
| 13. <u>Communication ability, (individually & in groups)</u> | | | |
| 14. <u>Wise use of words, (avoiding slang or cursing)</u> | | | |
| 15. <u>Relationship skills, (unselfishly giving and caring)</u> | | | |
| 16. <u>Relationship development, (personal friendships)</u> | | | |
| 17. <u>Connected to friends who challenge toward maturity</u> | | | |
| 18. <u>Empathy and compassion for those who are different</u> | | | |
| 19. <u>Helpful and kind to others in need</u> | | | |
| 20. <u>True joy in the success of others, instead of envy</u> | | | |
| 21. <u>Honoring of parents and family of origin</u> | | | |
| 22. <u>Follows etiquette, protocol and respect of others</u> | | | |
| 23. <u>Work ethic, (job, school and at home)</u> | | | |
| 24. <u>Financial management skills, like saving and giving</u> | | | |
| 25. <u>Learning the value of earning personal income</u> | | | |
| 26. <u>Career discussions to map out skills for future work</u> | | | |
| 27. <u>Wise early job choices that guide toward meaningful work</u> | | | |
| 28. <u>Organizational ability, (over clutter & distractions)</u> | | | |
| 29. <u>Ability to manage time & schedule</u> | | | |
| 30. <u>Attention span to details and listening skills</u> | | | |

- 31. Educational discipline to boost academics
- 32. Relationship development, (*learning to connect*)
- 33. Ability to admit being wrong and take ownership
- 34. Ability to accept others who are different (*diversity*)
- 35. Ability to establish and complete goals
- 36. Ability to manage change successfully
- 37. Ability to face and manage conflict with others
- 38. Ability to gather facts and make wise decisions
- 39. Character development to build personal integrity

Count the number in each category to see which column had the most responses-

Immature = _____ Growing = _____ Mature = _____

Results

If you found your child was mostly in the **Immature stage**- don't panic! Children are not born with responsibility, self-discipline, and maturity. They must learn it, and often learn by watching their parents. Identify core values your child may have begun to master, and others that need attention. However, if you are evaluating a teen or young adult and their behavior is in this category some help may be needed to catch up to expected adolescent behavior heading toward independent living skills. If stuck, find a counselor who can guide with skill development and accountability to move past roadblocks and mature toward adulthood.

If the child you evaluated was mostly at the **Growing level**, the strategy is to continue with daily disciplines and responsible behavior. Keep things moving in a healthy direction to become fully developed and emotionally mature as an independent adult. This still might take years but stay on track in your parenting because watching a child move toward their adult potential and becoming a fully developed person is the goal of a meaningful life for both of you!

If your child, teen, or young adult is mostly at the **Mature level**, count your blessings! It is rare to have every one of the 39 areas in the fully developed stage. (*You might ask another family member to evaluate your child for blind spots you may have missed*). If your child has reached their potential to be at the mature level then they can help others become emotionally healthy and well. There is a caution for highly responsible young people to not carry the responsibility of others.