BECOMING WHOLE.

A guide for thinking honestly about who you want to be by the time you leave home.

00 Foundation

01 Spiritual

02 Mental

03 Emotional

04 Physical

05 Relational

06 Financial & Stewardship

07 Learning

"And Jesus grew in wisdom and stature, and in favor with God and man."

LUKE 2:52

A NOTE FOR YOU

WITH LOVE, _____

“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.”

PSALM 139:23-24 NLT

START HERE

You're about to step into a brand-new season. Before you do, this is a chance to pause and think about who you're becoming.

This guide walks through seven areas of life: spiritual, mental, emotional, physical, relational, financial and learning. God sits at the center of all of it. Even Jesus grew in every part of life (Luke 2:52), so growth isn't a sign that something is wrong. It's what it looks like to be fully alive.

There are no right answers here and nothing to prove. Just honest questions, room to think and an invitation to imagine the person you want to be by the time you leave home.

When you're done, you'll sit down together and talk about it. The Let's Talk page near the end shows exactly what you'll be asked to share. Everything else you write is yours to keep or share as you choose.

Take your time. Be honest.

HOW TO USE THIS

01 One area at a time

There's no need to finish in one sitting.

02 Start with a prayer

Something simple: God, show me what's true and what's next.

03 Honest, not impressive

Nobody is grading this. Write what's real.

04 Don't fix everything

At the end, you'll pick just one or two areas to focus on.

05 Talk about it

Share what you're discovering along the way. It's worth talking about.

00 GOD FIRST

The center everything else flows from

“Seek first his kingdom and his righteousness, and all these things will be given to you as well.” MATTHEW 6:33

Putting God first doesn’t mean He’s #1 on a list with everything else lined up behind Him. It means He’s at the center, and every other part of life flows out of that relationship. Being healthy in every way starts here.

01 What would it look like for me to put God first on an ordinary Tuesday?

02 What is competing for first place in my life right now? (School, success, approval, my phone...)

03 What would change if I truly believed God cares about every part of my life, not just the “spiritual” part?

01 SPIRITUAL

My relationship with God

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." MARK 12:30

01 When do I feel closest to God? When do I feel far from Him?

02 What faith habits (Bible, prayer, church, community) do I want to own for myself after I leave home... not because someone else does them, but because I choose them?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

02 MENTAL

My mind, focus and learning

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” ROMANS 12:2

01 What am I feeding my mind? (Content, social media, music, the voices I listen to)

02 How do I handle pressure, stress and deadlines? What helps, and what doesn’t?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

02 WHEN MY MIND RACES

The thoughts that loop when I'm worried

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus."

PHILIPPIANS 4:6-7

01 When I'm worried or anxious, what thoughts tend to loop in my head? Write down the two or three that show up most.

02 Are those thoughts actually true? What would God say back to them?

03 What usually sets them off... and what actually helps me settle? (Prayer, a walk, music, talking to someone, writing it down)

If anxious thoughts ever feel constant or too heavy to carry alone, tell someone who loves you or another adult you trust. Asking for help takes strength.

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

03 EMOTIONAL

My heart and inner life

“Above all else, guard your heart, for everything you do flows from it.” PROVERBS 4:23

01 What emotions do I tend to stuff, ignore or let run the show?

02 Who do I actually talk to when something is really bothering me?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

04 PHYSICAL

My body and energy

"Do you not know that your bodies are temples of the Holy Spirit...? Therefore honor God with your bodies." 1 CORINTHIANS 6:19-20

01 How are my sleep, food and exercise really going?

02 What would it look like to have the energy I need for what matters most?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

04 HOW I CARRY MYSELF

Showing up as who God made me

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." PSALM 139:14

This isn't about looks. It's about how you show up. The way we carry ourselves often reflects what's going on inside, and it can shape it, too.

01 When I walk into a room, how do I usually carry myself? (Head up or down? Shoulders open or tucked in? Do I make eye contact?)

02 What do I want my presence to say to people... that I'm confident, warm, glad to be there?

03 What would it look like to carry myself like I truly believe I'm fearfully and wonderfully made?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

05 RELATIONAL

My people

"Walk with the wise and become wise, for a companion of fools suffers harm." PROVERBS 13:20

01 Which relationships give me life? Which ones drain me or pull me away from who I want to be?

02 What kind of family member and friend do I want to be before I leave? What kind of community do I want to find in my next season?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

06 FINANCIAL & STEWARDSHIP

My money and my work

“Whoever can be trusted with very little can also be trusted with much.” LUKE 16:10

01 What has my work so far (a job, a business, chores, serving others) taught me about work, money and responsibility?

02 How do I want to handle what I earn (give, save, spend)? What do I still need to learn before managing money on my own?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

06 CARING FOR MY SPACES

Leaving every place better than I found it

"The Lord God took the man and put him in the Garden of Eden to work it and take care of it." GENESIS 2:15

Stewardship isn't just about money. It's about how we care for everything God has put in our hands, including the spaces we live in and share with others.

01 How am I really taking care of my spaces right now... my room, my car, the kitchen, the shared spaces at home?

02 Do I tend to leave places as good or better than I found them? Where's one place I usually don't?

03 Soon I may be sharing a room or space with someone new. What habits of organization and cleanliness do I want in place before then?

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

07 LEARNING

What I want to know before I leave home

“Let the wise listen and add to their learning.” PROVERBS 1:5

01 **What practical life skills do I want to learn before I leave?** Cooking a few go-to meals, laundry, budgeting, scheduling my own appointments, basic car care...

- ☐
- ☐
- ☐
- ☐
- ☐

02 **Is there anything I’ve always wanted to learn or try just because it interests me?**

03 **Who could teach me? Who do I know that’s good at the things on my list?**

WHERE I AM TODAY 1 2 3 4 5 6 7 8 9 10

BY THE TIME I LEAVE HOME

BRINGING IT TOGETHER

Look back over your seven ratings and answers.

01 Which area am I most encouraged about? Why?

02 Which one or two areas would make the biggest difference if I grew in them? Circle no more than two.

SPIRITUAL MENTAL EMOTIONAL PHYSICAL RELATIONAL FINANCIAL & STEWARDSHIP LEARNING

MY LAUNCH VISION

03

By the time I leave home, I want to be a person who...

04 Who will walk with me? Name one person who can encourage me and check in on how it's going.

LET’S TALK

When you’ve worked through this guide, it’s time to sit down together.

WHEN _____ WHERE _____

WHAT TO BRING TO THE CONVERSATION

01 The area you’re most encouraged about

02 The one or two areas you chose to focus on, and why

03 Your Launch Vision

04 Who will walk with you

05 How you’d like to be supported in this season

EVERYTHING ELSE IS YOURS

The rest of what you’ve written belongs to you. Share as much or as little as you want.

BEFORE I GO

SAVE THIS PAGE FOR LAST

Come back to it in your last few weeks at home, right before you leave.

When that time comes, read your Launch Vision one more time. Then sit with these.

01 What came true? Where did I see God at work in me these past months?

02 What will I carry with me into my next season?

A PRAYER FOR THE ROAD

God, You know me better than I know myself. Show me where I'm strong and where I need to grow. Help me put You first, not just in what I say but in how I live. Shape me into the person You created me to be. I trust You with what's next. Amen.