

# A CHECKLIST FOR THRIVING, HEALTHY EMERGING ADULTS

- A clarified and prioritized set of personal values
- Is able to have positive communication with his/her parents, including asking for advice
- Has clearly identified unique strengths/talents
- Has a team of Life Advisors who give feedback and support regularly
- Shows self-awareness with a clear understanding of the past and how it impacts them
- Is humbly aware and takes ownership of growth areas, weaknesses and fears
- Has defined role models
- An ability to set & achieve realistic goals
- Takes personal responsibility for obligations
- Can engage and resolve healthy conflict
- Demonstrates empathy and understanding
- Has internal motivation
- Takes calculated risks
- Has a defined purpose statement
- A vivid and sober imagination of the future, including career and personal goals
- Clear vision of the kind of person he/she wants to become
- Has healthy friendships & a group of people to belong to
- Active curiosity expressed in effective listening
- Is able to solve problems
- Shows distinct passion
- Regularly helps others, impacting others in positive ways
- Demonstrates appropriate assertiveness
- Follows through on commitments
- Can adapt to difficult circumstances
- Is neither compulsive or disengaged but healthily engaged with life and work and relationships