

Companion Worksheet Packet

Four steps to prepare for life after high school

Companion worksheets for Tommy McGregor's book. Read each related chapter, then use these pages to put it into practice. Work independently or discuss your plans with a parent or mentor.

Worksheet guide

01. Senior Year Readiness — Chapters 1–2
02. My Faith Story — Chapter 3 • Exercise 2
03. My Personal Mission Statement — Chapter 3 • Exercise 3
04. My College Connection Plan — Chapter 3 • Exercises 1 & 4
05. Life Management Check — Chapter 4
06. Week At A Glance — Chapter 4 • Time management
07. Monthly Budget Practice — Chapter 4 • Money management
08. Practical Life Skills — Chapter 4
09. My Community Plan — Chapter 5
10. Find a Church By Thanksgiving — Chapter 5
11. Purposeful SMART Goals — Chapter 6
12. Chapter Reflections — Chapters 3–6

Senior Year Readiness

Chapters 1–2

Begin here. Be honest about where you are now, then choose one responsibility to start practicing.

How would you describe how you feel about your senior year?

What are you looking forward to most? What are you looking forward to least?

What key points from Chapter 1 do you need to remember?

Rank the four responsibilities

Write 1 beside the hardest responsibility to develop by graduation and 4 beside the easiest.

Responsibility	Rank
Growing discipleship	
Life management	
Valuing community	
Pursuing purpose	

Senior Year Readiness

Chapters 1–2

How independent are you now compared with your friends?

What will it take for you to live independently after high school?

How committed are you to working on these responsibilities during senior year?

Which responsibility will you start with, and what will you do this week?

Who will help you practice? When will you check in together?

My Faith Story

Chapter 3 • Exercise 2

Write your story of faith to this point. Use it to remember the importance of Christ in your life. Consider sharing it with a parent, friend, or mentor.

When did you first commit to following Jesus? What were the circumstances?

When have you felt most devoted and committed to Jesus? What did you experience?

Who have been your most significant spiritual influences, and why?

My Faith Story

Chapter 3 • Exercise 2

What has caused you to drift away from actively growing in Christ?

How would you describe your level of faith maturity during senior year?

Faith as a foundation

The chapter compares faith to a foundation, a slice of pizza, or wall decoration.

Which picture best describes your faith right now? What makes you say that?

What would help you make Christ the foundation of your daily life?

My Personal Mission Statement

Chapter 3 • Exercise 3

A personal mission statement describes who you want to be and how you intend to live. Use these prompts to develop a short statement that reflects your faith and priorities.

What do you believe God calls you to value and put first?

What kind of person do you want to become?

Who do you want to encourage, serve, or influence?

What strengths, interests, and experiences can you use to serve others?

What commitments do you want to carry into life after high school?

My Personal Mission Statement

Chapter 3 • Exercise 3

Write a first draft

Optional starting point: Because I follow Jesus, I want to be a person who _____. I will use _____ to serve _____ by _____.

My first draft:

Review your statement

Does it reflect your faith? Does it sound like you? Can it guide your choices? Is it clear enough to remember?

My revised mission statement:

One decision or habit this statement will shape:

Person I will discuss this with / date I will revisit it:

My College Connection Plan

Chapter 3 • Exercises 1 & 4

Complete one plan for each campus you are considering. Use the Launch App to research ministries and churches, as directed in the book. If a listing is unavailable, research the ministry or church directly.

Campus / city / expected move-in date:

Resource check

Resource	My next step
Launch App	
The Launch Mission Podcast	
Launch Pad Blog	
90-Day Senior Challenge	
Campus ministry and church listings	

Ministries and churches to explore

Name / website	Contact / meeting details	Why I want to visit

My College Connection Plan

Chapter 3 • Exercises 1 & 4

One month before moving

Follow ministries and churches that interest you. Send your contact information through the app when available, or contact the organization directly.

Who will I contact, and by what date?

One week before moving

Find kickoff events and add them to your calendar.

Organization / event	Date and time	Location

First two weeks on campus

Invite a friend, attend events, and introduce yourself to ministry leaders.

Events I will attend / friend I will invite / leaders I will meet:

When will I review my options and decide where to connect?

Life Management Check

Chapter 4

Use the scoring in the book: Yes = 1; No = 0. Answer based on what you regularly do. The score is a starting point for practice.

Responsibility	Now: 1 / 0	Later: 1 / 0
I wake myself up with an alarm every morning before school.		
I keep up with assignments, homework, and tests.		
I put appointments and family events on my calendar without needing reminders.		
I am on time or early for school and other required events.		
I have a credit and/or debit card and keep up with my spending.		
I pump my gas in the car.		
I take my vehicle to get serviced.		
I know who to call for a tire change or auto service if I break down.		
I clean up after myself when I make a mess.		
I could prepare five moderately nutritious meals for myself.		

Starting date / score out of 10 / follow-up date / score out of 10:

Which two responsibilities will you practice first?

Who can help you learn them, and how will you practice?

If a responsibility does not apply to your circumstances, note that beside it when discussing your score.

Week At A Glance

Chapter 4 • Time management

Typical high school week

Estimate a typical week. Cover all your time, including sleep.

Week of: _____ Color key: school/work _____ study _____ church _____
sports/job _____ sleep _____ meals _____ social/rest _____ other _____

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Each row represents one hour. Split a box for half-hour activities.

Week At A Glance

Chapter 4 • Time management

Actual high school week

Record what you actually do each day. Be honest, even when the week is unbalanced.

Week of: _____ Color key: school/work _____ study _____ church _____
sports/job _____ sleep _____ meals _____ social/rest _____ other _____

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Each row represents one hour. Split a box for half-hour activities.

Week At A Glance

Chapter 4 • Time management

Practice college or work schedule

Build a balanced sample week. The book suggests M/W/F classes at 8:00 a.m., 10:00 a.m., and 1:00 p.m.; T/Th at 10:00 a.m. and 12:30 p.m. Allow for class length and travel. Adapt this to work or another path.

Week of: _____ Color key: school/work _____ study _____ church _____
sports/job _____ sleep _____ meals _____ social/rest _____ other _____

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12 am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

Each row represents one hour. Split a box for half-hour activities.

Week At A Glance

Chapter 4 • Time management

Compare your typical and actual weeks

Where were the two weeks similar?

Where were they different?

What took more time than you expected? What did you give too little time?

What do your choices show about your priorities?

What will you change in your next week?

When will you repeat this exercise? What habits will you practice until then?

Monthly Budget Practice

Chapter 4 • Money management

Senior Year Practice Budget

Choose one month. List income you expect to receive and expenses you will cover yourself. Agree with a parent on who pays for what.

Month / responsibilities I will cover / expenses covered by others:

Monthly income	Planned \$	Actual \$
Work / earnings		
Parent or family support		
Other		
TOTAL INCOME		

Monthly spending or saving	Planned \$	Actual \$
Gas / transportation		
Vehicle maintenance reserve		
School supplies / books		
Food / groceries		
Housing / utilities I pay		
Phone / subscriptions		
Personal care / laundry		
Social activities / hobbies		
Giving		
Savings / unexpected costs		
Other		
TOTAL SPENDING + SAVING		

Income minus spending and saving = remaining balance: Planned \$ _____ Actual \$ _____

For periodic costs, set money aside each month. Example from the book: a \$75 oil change every three months requires \$25 per month.

Monthly Budget Practice

Chapter 4 • Money management

College Monthly Budget

Choose one month. List income you expect to receive and expenses you will cover yourself. Agree with a parent on who pays for what.

Month / responsibilities I will cover / expenses covered by others:

Monthly income	Planned \$	Actual \$
Work / earnings		
Parent or family support		
Other		
TOTAL INCOME		

Monthly spending or saving	Planned \$	Actual \$
Gas / transportation		
Vehicle maintenance reserve		
School supplies / books		
Food / groceries		
Housing / utilities I pay		
Phone / subscriptions		
Personal care / laundry		
Social activities / hobbies		
Giving		
Savings / unexpected costs		
Other		
TOTAL SPENDING + SAVING		

Income minus spending and saving = remaining balance: Planned \$ _____ Actual \$ _____

For periodic costs, set money aside each month. Example from the book: a \$75 oil change every three months requires \$25 per month.

Monthly Budget Practice

Chapter 4 • Money management

Practice the plan

When will income arrive? How will you make it last until the next payment?

What will you reduce if planned expenses exceed income?

What will you do when you want to spend more than you have?

Spending record • make extra copies as needed

Date	Expense / category	Amount \$

Month-end review: Where did actual spending differ from your plan?

What will you change next month?

Practical Life Skills

Chapter 4

Review the 25 skills from the book. Mark each: L = need to learn; P = practicing; I = can do independently. Choose at least five to practice before graduation.

Life skill	L / P / I
1. Wake up with an alarm at the right time.	
2. Schedule appointments and dates in a calendar.	
3. Have a conversation with an adult using appropriate social skills.	
4. Understand banking, checks, and budgeting.	
5. Understand using and paying for a credit card and other bills.	
6. Do laundry.	
7. Shop for basic groceries.	
8. Cook a meal using various ingredients.	
9. Recognize spoiled food in the refrigerator.	
10. Use basic household cleaning skills.	
11. Order, pay, and calculate a tip at a restaurant.	
12. Know when to seek medical treatment for yourself or someone else.	
13. Get a prescription filled at a pharmacy.	
14. Know your Social Security number and other personal information.	
15. Answer the phone and make calls appropriately.	
16. Meet and communicate with people you do not know.	
17. Pump gas, check tire pressure, and read vehicle gauges.	
18. Change vehicle oil or arrange an oil change.	
19. Change a tire or contact roadside assistance and describe the need.	
20. Navigate directions and use GPS.	
21. Create a study and homework schedule.	
22. Take detailed notes in class.	
23. Apply for a job, internship, scholarship, or opportunity.	
24. Pack a suitcase for a week-long trip.	
25. Ask for help, listen, and follow instructions.	

For item 14, practice privately. Do not write sensitive personal information on this worksheet.

Practical Life Skills

Chapter 4

My five skills to practice

Consider focusing on one skill per month. Ask a parent or another adult to teach you, then practice doing it yourself.

Skill	Who will teach me?	Practice task / target date

Which skill will I start this week? What will I do?

Practice review • use again for each skill

Skill / practice date / what I did:

What can I do independently now? Where do I still need help?

My next practice step and date:

My Community Plan

Chapter 5

The book describes three levels of Christian community. Plan how you will pursue all three while continuing to participate in church and youth group now.

Community at large

Which campus ministry and local church will I explore? How will I participate?

Accountability group

What qualities will I seek in close friends? How can we encourage and hold each other accountable?

Mentor

Who could help me grow? How will I ask for guidance and stay in touch?

My commitment to church and youth group before graduation:

Find a Church By Thanksgiving

Chapter 5

Use the sequence in the book for your first fall after graduation. Write actual dates for your calendar. If your move happens at another time, follow the same sequence over the following weeks.

Campus / city / friends joining me:

Before college or during the first week

Ask older students, ministry leaders, or your pastor for suggestions. Research five local churches.

Church / website	Service time / location	Contact

Visit all five

Begin the first Sunday in September, then visit the others over the next four Sundays.

Visit	Date	Church
1		
2		
3		
4		
5		

Find a Church By Thanksgiving

Chapter 5

Narrow your choices

Second Sunday in October: Choose your top three and revisit them over the next three weeks.

Church	Return date	What I learned

Last Sunday in October: Narrow to two and visit one. First Sunday in November: Visit the other. Pray about where to connect.

Final two churches	Visit date	Questions / next steps

Where did I appreciate the teaching? Where can I build relationships, connect, and serve?

Second Sunday in November

Church I will commit to / first step toward membership or involvement:

My plan to participate and serve:

Find a Church By Thanksgiving

Chapter 5

Church visit notes • print one for each visit

Church / visit date / service time:

What did I learn from the teaching?

Who did I meet? How were college students welcomed?

What opportunities are available for discipleship, relationships, and service?

Questions to ask / contact person / next step:

Purposeful SMART Goals

Chapter 6

Follow the three steps in Chapter 6: choose one goal in each category, check that each goal is SMART, and identify three or four action steps.

Relationships: What is one goal, and why does it matter?

Ministry or service: What is one goal, and why does it matter?

Growth: What is one goal, and why does it matter?

Career: What is one goal, and why does it matter?

Use the following page for each category. Start with a goal you can act on and revise it until it is clear.

Purposeful SMART Goals

Chapter 6

Relationships goal

Purpose: Why does this goal matter?

My first goal draft:

SMART check	My answer
Specific: What exactly will I do?	
Measurable: How will I track progress?	
Achievable: What makes it realistic?	
Relevant: How does it serve my purpose?	
Time-bound: What is my deadline?	

My revised SMART goal:

Action step	Due date
1.	
2.	
3.	
4.	

Who will help me stay accountable? When will I review this goal?

Purposeful SMART Goals

Chapter 6

Ministry or service goal
Purpose: Why does this goal matter?

My first goal draft:

SMART check	My answer
Specific: What exactly will I do?	
Measurable: How will I track progress?	
Achievable: What makes it realistic?	
Relevant: How does it serve my purpose?	
Time-bound: What is my deadline?	

My revised SMART goal:

Action step	Due date
1.	
2.	
3.	
4.	

Who will help me stay accountable? When will I review this goal?

Purposeful SMART Goals

Chapter 6

Growth goal

Purpose: Why does this goal matter?

My first goal draft:

SMART check	My answer
Specific: What exactly will I do?	
Measurable: How will I track progress?	
Achievable: What makes it realistic?	
Relevant: How does it serve my purpose?	
Time-bound: What is my deadline?	

My revised SMART goal:

Action step	Due date
1.	
2.	
3.	
4.	

Who will help me stay accountable? When will I review this goal?

Purposeful SMART Goals

Chapter 6

Career goal

Purpose: Why does this goal matter?

My first goal draft:

SMART check	My answer
Specific: What exactly will I do?	
Measurable: How will I track progress?	
Achievable: What makes it realistic?	
Relevant: How does it serve my purpose?	
Time-bound: What is my deadline?	

My revised SMART goal:

Action step	Due date
1.	
2.	
3.	
4.	

Who will help me stay accountable? When will I review this goal?

Chapter Reflections

Chapters 3–6

Growing discipleship

What excites you most about college? What makes you most nervous? How are those answers connected?

How willing are you to continue growing in Christ after high school?

What will it take this year to prepare for that commitment?

Chapter Reflections

Chapters 3–6

Life management

What is your biggest time management struggle? How can you improve it?

What is your biggest money management struggle? How can you improve it?

What is your biggest practical life skills struggle? How can you improve it?

Chapter Reflections

Chapters 3–6

Valuing community

How have you benefited from true community in high school? What will you miss?

What community will you pursue in college? What traits are you looking for?

Will you commit to Find a Church By Thanksgiving? What will help you follow through?

Chapter Reflections

Chapters 3–6

Pursuing purpose

What has been your experience with goal setting?

What do you value about setting purposeful goals?

What would you like to put through the three-step goal process over the next year or two?
