



THE LAUNCH MISSION

A conversation starter for students and families

Ready for What's Next?

A LIFE AFTER HIGH SCHOOL READINESS CHECK

Graduation is a milestone. Preparing for what follows takes practice, honest conversations, and a few intentional next steps.

The Launch Mission helps students prepare in three areas: faith maturity and community, college and career development, and life management and independence.

How to use this guide

1. Start with the student. Answer each statement based on what you can do today, rather than what you hope to do later.
2. Choose one response per statement: I feel ready, I need practice, or I haven't started. Use a PDF reader to select a response, or print and circle it.
3. Talk it through with a parent, mentor, or ministry leader. Ask for examples, listen to one another, and notice strengths as well as gaps.
4. Choose three manageable actions on the last page. Set dates and return to this guide to see what has changed.

There is no score to earn. This is a reflection guide, not a test or a validated assessment. Readiness grows through experience, support, and practice.

Student name

Date



Faith maturity and community

Build a faith you can explain and a community you can turn to.

Choose one response for each statement.

1. I can explain what I believe about Jesus and why my faith matters to me.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

2. I have habits that help me grow in faith, including prayer and reading Scripture.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

3. I know whom I can talk with when I have doubts or difficult faith questions.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

4. I can describe what I would look for in a church or Christian community after high school.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

5. I have a plan for finding Christian friends and staying connected to trusted adults.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

6. I can identify pressures that may challenge my beliefs and think through how I would respond.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

7. I can ask for help when I struggle, instead of hiding it or trying to handle everything alone.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

8. I can name ways to serve others and use my gifts in a new community.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

Which faith habit or relationship do I want to strengthen?

Discuss: Who could help me find a church or Christian community in my next chapter?



College and career development

Explore your options and take a thoughtful next step.

Choose one response for each statement.

1. I can describe some of my strengths, interests, and values, with examples.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

2. I have explored more than one path after high school, such as college, training, or work.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

3. I can explain why my current next-step options might fit me.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

4. I have talked with someone who studies or works in a field that interests me.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

5. I know the entry requirements and important deadlines for the options I am considering.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

6. I can compare costs and describe how I would pay for education or training.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

7. I can find reliable information about a college, training program, or career.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

8. I know one practical action I can take next, even if my long-term direction is still unclear.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

What do I still need to learn before choosing a next step?

Discuss: What visit, conversation, or experience would help me explore my options?



Life management and independence

Practice everyday responsibilities while support is close by.

Choose one response for each statement.

1. I can make a monthly budget and explain how I would cover my expenses.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

2. I can manage my spending and understand the basics of saving, borrowing, and credit.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

3. I can use a calendar to keep appointments, meet deadlines, and plan my week.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

4. I can handle basic meals, laundry, and keeping my living space reasonably clean.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

5. I know how to arrange routine health care and whom to contact when I need support.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

6. I can communicate respectfully, address conflict, and ask for help when needed.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

7. I can protect my personal information and recognize common online scams.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

8. I can take responsibility for a mistake, solve a problem, and follow through on a commitment.

- ☐ I feel ready ☐ I need practice ☐ I haven't started

Which responsibility could I begin handling more independently this month?

Discuss: Where do I need instruction, practice, or a backup plan?



THE LAUNCH MISSION

Turn your reflection into action

Your next three steps.

Start with what matters most. Choose actions small enough to begin now and specific enough to know when you have completed them.

A strength I want to build on:

Something I want to practice or learn:

STEP 1

Complete by

Someone who can help

STEP 2

Complete by

Someone who can help

STEP 3

Complete by

Someone who can help

Our check-in date

Keep preparing with The Launch Mission

Listen to The Launch Mission Podcast and read The Launch Pad for ongoing conversations. Explore books such as The Freedom Permit for parents and The Freshman 15 for students, plus career coaching through Launch Point Coaching.

Explore resources: thelaunchmission.org | Career coaching: launchpointcoaching.net