

Help Your Teen Create Their Best Year Ever!

During the holiday season, spend some one-on-one time with your teen. Reflect on their experiences in the past year. A few questions to get you started:

What was your proudest moment in the last year?

What relationships made an impact on your life this year?

What challenges did you overcome during this year?

What did you learn about your personal values in the last year?

Make a list your most important values.

Next, help your teen go beyond setting unrealistic or unreasonable New Year's Resolutions. Consider the lessons and values they identified from this year to set goals and intentions for the new year.

What specific goals do you have for yourself next year?

How can you use your personal values to help you meet these goals?

What kind of relationships do you want to have in the coming year?

How can your personal values help you develop these relationships?

Are any challenges from last year going to continue into the new year?

How will keeping your values in mind help you overcome these challenges?

How can your parent or parents best help and support you next year?