

# Teen Success Audit

## Welcome to the Teen Success Audit!

This tool can help identify common barriers to success and/or areas of struggle for many teens. It can be filled out by caring adults in a teen's life but works best when completed in co-operation with the teen themselves.

Simply read each statement on the audit and mark off the appropriate response (Yes, Somewhat, No) in the column to the right. The statements that make up the audit have been divided into FIVE key areas:

### Mindset

The mental images and words that teens use to describe and define themselves are powerful. The absence of a clear vision, presence of limiting beliefs and/or negative self-talk can leave a person feeling powerless, "less than" and afraid to act.

### Goals

Vision is the starting point of all high performance. Goal setting helps provide milestones on the way to success, however defined. Awareness of potential barriers, defining people who can help them, and tracking performance can all help teens stay "on-course", instead of off-course or lost.

### Strengths & Styles

Every teen has a set of signature strengths and preferences. Awareness and use of these allows them to be leveraged in daily actions. This increases a teen's chances for success, as well as the amount of motivation, meaning and happiness they'll experience along the way.

### Action

Knowing what to do is important, but so is getting into (and staying in) action. A lack of emotional intelligence, time management skills, or strategic celebration could be holding them back.

### Energy

Work *and* play all take energy. Ensuring your teen understands what activities energize and drain them will help them to manage their energy levels more effectively.

There are no right or wrong answers—only starting points for important discussions and awareness of areas that may require development to increase current levels of motivation, success, and happiness.

Youth Coach Global offers private coaching and online programs that compliment all areas of this audit.

**Ready to find out how we can support your teen?** Email [info@youthcoachglobal.com](mailto:info@youthcoachglobal.com) or visit the website for details.

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Each statement below represents a common barrier to success, or area of struggle for many teens. Read each one and mark the appropriate column—identifying possible areas for strengthening.

## Mindset

Your teen ...	Yes	Somewhat	No
• has a clear understanding of who they are			
• has a vision for their life/future (e.g. school, career, lifestyle)			
• understands how thoughts, feelings and actions are linked			
• is aware of their own self-talk			
• doesn't let fear of making mistakes or failure hold them back			
• can negate limiting beliefs about themselves and situations			

## Goals

Your teen ...	Yes	Somewhat	No
• sets short-term and long-term goals for themselves			
• is working towards these goals & tracks performance/results			
• has defined a support team & accesses them as needed			
• understands and navigates barriers getting in their way			

## Strengths & Styles

Your teen ...	Yes	Somewhat	No
• is aware of their strengths and values			
• leverages their strengths to help them meet with success			
• understands their preferred styles (e.g. learning, etc.)			

## Action

Your teen ...	Yes	Somewhat	No
• has good time management skills			
• consistently demonstrates good levels motivation			
• shows good stamina or grit, especially when things are hard			
• understands and manages their emotions well			
• celebrates their accomplishments (including milestones)			

## Energy

Your teen ...	Yes	Somewhat	No
• gets enough sleep and exercise			
• has a balanced diet			
• understands how physical, mental, emotional, and spiritual energy levels affect performance			