



Beyond Graduation Tips

Students

1. Write out your dream life
 - a. YES – write it out; it makes a difference!
 - b. Include as much detail as possible
 - i. Activities
 - ii. Relationships
 - iii. Sights
 - iv. Sounds
 - v. Colors
 - vi. Feelings
 - vii. Locations
 - viii. Finances
2. Why limit yourself to the 8 Crayon box?
 - a. Use all the colors of the world
 - b. Create your own colors
3. In a world where all is possible, what opportunities are available to you to build your dream life?
4. Identify which opportunity you want to commit to first. . . GO for it!
5. All the other opportunities you identified (#3) – keep them around in case someone asks for your back up plan
6. Ask for support
 - a. No one expects you to know all the answers
 - b. People in your life will LOVE to be included in your process
 - c. Be specific about what you want!
7. Expect to feel strong emotions as you navigate this stage of life
 - a. It's totally normal
 - b. Expect friends and family to also feel strong emotions
8. Create an ACTION plan and WORK it
 - a. Make each step doable
 - b. Identify major milestones
9. Celebrate and reward yourself as you reach milestones
 - a. Include your supports
 - b. Have rewards match the milestone – small/medium/large (you get to choose)
10. Communicate, Communicate, Communicate

Life isn't about finding yourself. Life is about creating yourself.

~ George Bernard Shaw



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Families

1. Move to the backseat
 - a. Your child is now driving
 - b. Offer navigation advice only when asked
2. Set clear expectations about financial support
 - a. Contribution to college / program expenses
 - b. Contribution to living expenses
3. Set clear expectations about living at home
4. Expect to be emotional about this stage of life
 - a. It's totally normal
 - b. Expect the student to feel strong emotions now and then (may or may not share them!)
 - c. Communicate thoughts and feelings rather than directives or demands
5. Be wary of creating limits for your students based on *your* fears, concerns, hopes
6. Understand your experience will not be your student's experience
7. Consider how you envision this next phase of life for YOU
 - a. Is there something you've always wanted to do and you believe now is the time?
 - b. If so, see tips 1-4 for students
8. When you are **asked** for support
 - a. Be clear about what your student wants
 - b. Be clear about the help you are offering
9. If you seek external support for your student (such as coaching), make sure they are on-board.
10. Communicate, Communicate, Communicate



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