REDEFINING THE MEANING OF FAMILY,
ELEVATING ONE YOUTH AT A TIME.

SOUL YOUTH CAPACITY BUILDING PLAN
PART I: DISCUSSION

Walking into adulthood comes with responsibilities, challenges, and opportunities. Your SOUL youth capacity plan is designed to help you build important life skills, strengthen lifelong connections, and work toward the goals you choose for yourself. This plan/guide is created with you and for you. This plan is about growth, support, and progress - not perfection. Through SOUL, you will be encouraged to build healthy support systems, develop confidence, and create a future where you feel connected, stable, and empowered.

The purpose of this plan is to help you:

- Identify your goals
- Build life skills
- Strengthen your confidence and leadership
- Create healthy support systems and connections
- Prepare for independence
- Focus on the future you want for yourself and your SOUL family.

Note: You have a voice in your future, your support system, and the goals you want to work towards.

Why does your plan matter?

As you walk into adulthood, things will start to close in on you, and some things may or may not make sense to you or may even be hard for you to understand or handle. Many responsibilities and decisions come with adulthood/independence. This plan helps make

sure you are not facing those challenges alone. Your future is important, and this plan is here to help you build toward it at your own pace.

Walking Into Adulthood

Your Name:_____

Date:_____

Support team/Coach:_____

Your chosen supportive adult(s) :_____; _____; _____; _____; _____

REFLECTION

MY VISION

1. What does adulthood mean to me?

2. What excites me most about my future?

3. What kind of life do I want to build?

MY SUPPORT

1. What does it mean for me to feel supported?

2. Who helps me feel safe, valued, and encouraged?

3. What qualities do I look for in people I trust?

Below are different life areas you can choose to focus on. Check the goals that matter most to you right now and write what steps you want to take to grow in those areas.

Start small
Be honest with yourself
Growth takes time
Ask for help when needed
Celebrate progress, not perfection
This is at your pace you do not have to try and accomplish everything at once.

LIFE AREAS

- **PERSONAL GROWTH**
  - Self-confidence & self-esteem
  - Identity Development
  - Self-advocacy
  - Decision-making skills
  - Goal setting & future planning
  - Stress management & organization
  - Problem solving & critical thinking
- **LIFE SKILLS**
  - Independent living skills
  - Financial literacy & budgeting
  - Cooking & nutrition
  - Cleaning & household management
  - Transportation & travel skills
  - Housing stability & apartment readiness
  - Daily routine building
  - Parenting skills & preparedness
- **EDUCATION & CAREER**
  - Academic success
  - High school completion / GED
  - College & trade school preparation
  - Employment readiness
  - Resume & interview skills
  - Professionalism & workplace etiquette
  - Career exploration
  - Entrepreneurship & business skills
  - Community Service
- **WELLNESS**
  - Mental health & emotional wellness
  - Physical health & self-care
  - Healthy coping skills that work for you
  - Conflict resolution

    - Healthy lifestyle habits
    - Family dynamics
- **RELATIONSHIPS & PERMANENCY** (This will be a required area that should be ongoing with you and your team)
    - Healthy relationships
    - Lifelong connections & support systems
    - Communication skills
    - Healthy boundaries
    - Relationship management
    - Family engagement & permanency connections
    - Peer support & social skills
- **LEADERSHIP & COMMUNITY** (This will be a required area that should be ongoing with you and your team)
    - Leadership development
    - Teamwork & collaboration
    - Community engagement
    - Youth advocacy
    - Public speaking & confidence building
    - Mentorship & peer leadership

> **You don't have to work on everything at once. Work with your team to figure out scheduling and what works best for you all. Growth takes time, and every small step matters. Choose the areas that feel most important to you right now and focus on building skills, confidence, connections, and stability along the way.**

REMINDER TO YOU

Your growth and goals matter. To get the most out of this process, it is important to stay engaged, open, and committed to your personal growth. This means showing up for yourself, using the support and resources available to you, communicating your needs, and taking active steps toward your goals.

You deserve support, guidance, and accountability from the people who care and are around you -- but it is also important to hold yourself accountable by staying motivated, honest, and willing to grow. The more effort, consistency, and communication you put into your journey, the more prepared and empowered you can become for the future you want for yourself.

MY STRENGTHS

1. What are some strengths or qualities I already have that can help me succeed?

2. What am I most proud of about myself?

3. What challenges have helped me grow?

4. What strengths do I rely on when life gets difficult?

MY SUPPORT SYSTEM

Who are the people I can go to for encouragement, advice, or support?

Name	Relationship	How They Support Me

Where Do You want to grow first?

Based on your reflections so far, what areas of your life or skills do you want to strengthen first? Think about what is having the biggest impact on your life right now and where building your skills, confidence, or support could help you move forward.

The Purpose of this list is to help you focus on small, achievable steps that build towards the future you want and see for yourself.

The Life Areas and skills on pages 3 and 4 are a great place to start, but your priorities are what matter most. This is Your plan. As your goals, interests, and experiences change, you can add, remove, or update your priorities at any time.

For each priority, identify people who can support your growth and help you reach your goals. This may include members of your professional team, agency staff, foster parents, family members, mentors, friends, or other trusted adults. Choose people who have shown they are dependable, follow through on their commitments to you and your goal, and genuinely want to see you succeed. The strongest support comes from people whose actions match their words. Surrounding yourself with people who consistently show up, encourage your growth, and hold you accountable can make a meaningful difference in reaching your goals. Remember, you don't have to do this alone—the right tools, strong relationships, and consistent support can help you build the future you want.

Priority Life Area or Skill	Potential Circle of Support	Notes

COMMITMENT STATEMENT

I understand that growth takes time, and I am committed to working toward the goals I have chosen for myself. I understand that asking for support is a strength, and I will continue taking steps toward the future I want to build.

Youth signature:_____ **Date:** _____

SUPPORT TEAM NOTES/ENCOURAGEMENT:

SOUL YOUTH CAPACITY BUILDING PLAN
PART II: COORDINATION AND PLANNING

BUILDING YOUR ACTION PLAN

Now that you've identified the life areas and skills you want to strengthen, it's time to bring together the people who can help you achieve your goals. Think of this as building your **village of Support**—a team of trusted people who are committed to supporting your growth, encouraging your progress, helping you overcome challenges, and holding you accountable along the way.

For each Priority Life Area or Skill, bring together the members of your Village of Support who can help you achieve your goal. During the meeting, work together to identify each person's role, the actions they have committed to take, and a timeline for completing them. If you would like someone—such as your social worker, GAL, another member of your professional team, or a trusted adult—to provide specific support or take on responsibilities related to your goal, be sure to include them in the meeting so they can actively participate in developing the plan and making those commitments. If needed, you can also ask your SOUL Coach, social worker, another member of your professional team, or CFSA staff to help coordinate the meeting.

What is the Priority Life Area/Skill?			
Who is Alongside the Youth?			
Who is the Lead for this Priority?			
Specific Goal/Deliverable	**Action Step**	**Action Owner**	**Due Date**
Subgoal 1			
NEXT CHECK-IN FOR SUBGOAL 1:	*Specify mode (in-person or virtual meeting? Phone call? Text/email?); date/time*		
Subgoal 2			
NEXT CHECK-IN FOR SUBGOAL 2:			

The purpose of this first meeting is to work together to create an action plan for each of your priority life areas or skills. Together, you will identify your goal, the action steps needed to achieve it, who will support and be responsible for each step, what resources you may need, and how you will measure your progress. Complete a separate action plan for each priority to create a clear roadmap that keeps everyone focused, accountable, and working together toward your success.

EXAMPLE:

What is the Priority Life Area/Skill?	Financial Management		
Who is Alongside the Youth?	GAL, SW, foster parent		
Who is the Lead for this Priority?	Youth, SOUL Coach		
Specific Goal/Deliverable	**Action Step**	**Action Owner**	**Due Date**
Open bank account	Go to Vital Records to obtain birth certificate	SW	Aug 15
	Save money to make initial deposit	Youth/foster parent	Sept. 1
	Go to the bank to open account	GAL/youth	Sept. 15
NEXT CHECK-IN	Aug. 25; in-person meeting		
Learn how to budget and save			
Apply for financial aid			
Do taxes			

FOLLOW-UP MEETINGS

After the initial meeting, the people working on each priority will decide how often to follow up based on the goal, action steps, and level of support needed. Because every goal is different, each priority may have its own timeline and schedule for follow-up conversations or meetings.

It is recommended that your village of Support meet every **3–4 months** to review your overall progress, celebrate accomplishments, address challenges, update your action plans as needed, and make sure everyone is following through on their commitments. These check-ins help keep your goals moving forward and ensure your support team continues working together to help you succeed. You and your SOUL Coach can decide if meeting more or less frequently would better support your progress.