Young-Adult Transition Checklist

A responsibility map for moving from parental control toward adult agency and wise counsel.

Purpose
Clarify which responsibilities belong to the young adult, what support remains available, and which household or financial boundaries need written agreement.

Scripture orientation: Proverbs 15:22; Galatians 6:2-5; 1 Thessalonians 4:9-12 (NASB95)

Use with: Parents and young men navigating approximately ages 17-25

Responsibility inventory

- ☐ Faith and church
- ☐ Health care
- ☐ Money and taxes
- ☐ Education or training
- ☐ Work and scheduling
- ☐ Home and life skills
- ☐ Transportation and documents
- ☐ Relationships and safety
- ☐ Digital security

Support agreement

Support currently provided

Purpose of the support

Responsibilities attached

What belongs fully to the young adult

What belongs to the parent or household

Review or end date

One responsibility to transfer

Responsibility

Current skill level

Support or training needed

First independent action

Natural consequence if unfinished

Review date

Conversation record

What we agreed

What remains unresolved

Who else can provide counsel

Young adult

Parent or guardian

Date

Prayer
Lord, give us wisdom to release control without withdrawing love. Form responsibility, humility, courage, and faithful adult community in this next season. Amen.

Use this worksheet to support biblical discipleship and honest family conversation, not to force disclosure or shame unfinished growth. It does not provide diagnosis, treatment, legal advice, emergency assessment, or crisis care.

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