

The Launch Readiness Guide

Preparing Your Next Big Move Without Knowing It All

The Launch Readiness Guide

"You can't launch if you never leave the ground."

"The Countdown to Launch"

You don't need to have your entire life figured out, just your next few moves.

This guide helps you get honest about where you are and what's missing before you step fully into independence. Think of it as a preflight checklist for life.

Your Launch Essentials

Before takeoff, every successful launch requires these four key elements:

- **Clarity** - Understanding where you're headed
 - **Confidence** - Trusting in your abilities
 - **Competence** - Having the skills you need
 - **Communication** - Connecting effectively with others
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Self-Assessment - "Where You Stand Right Now"

Directions: Rate yourself from 1–5 in each area below, where 1 = *Needs work* and 5 = *Solid*. Add up your totals and use the reflection section to identify what needs attention.

Assessment Categories

1. **Personal Skills:** I manage my time, habits, and responsibilities well.
Rating: ___/5
2. **Emotional Awareness:** I can handle stress and setbacks without shutting down.
Rating: ___/5

3. **Money & Independence:** I understand budgeting, bills, and basic financial habits.
Rating: ___/5
4. **Decision-Making:** I can weigh options, seek advice, and make choices I stand by.
Rating: ___/5
5. **Communication:** I can speak up respectfully, ask for help, and navigate conflict.
Rating: ___/5
6. **Career & Purpose:** I have a sense of direction or curiosity about what's next.
Rating: ___/5
7. **Daily Living:** I can cook simple meals, do laundry, and take care of my space.
Rating: ___/5
8. **Social Awareness:** I know how to collaborate, contribute, and respect differences.
Rating: ___/5

Total Score: ___/40

Your Launch Status

- **30–40:** Ready for takeoff
- **20–29:** Prepping for launch
- **Below 20:** Time for a systems check

"Your Mission Brief"

Take a moment to honestly assess your current position and chart your course forward:

What's one area I feel confident about?

What's one thing I avoid or procrastinate on?

Who could I ask for help or guidance in that area?

What's one step I can take this month to get closer to independence?

"Next Steps to Strengthen Your Launch"

Growth isn't about getting it all right, it's about learning how to adapt.

If you scored lower in certain areas, our self-guided courses and coaching sessions are designed to build those exact skills. From communication and emotional intelligence to financial literacy and real-world readiness, we'll help you develop the competencies you need for a successful launch into independence.

Ready to take the next step?

Explore the Life Launch Levels →

"The future belongs to those who prepare for it today."

— **Malcolm X**

Life Launch Project | *by Prana Strategy Group*

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