

## PLANNER-BUILDER

**“Give them structure—and they’ll show you everything.”**

Your teen thrives when there is a clear system and expectations. They will often over-deliver if the structure is defined.

### **Quick Start Recordkeeping System:**

- Set up predictable routines
  - Daily or weekly log time
- Provide categories to organize thinking
  - Planning
  - Communication
  - Execution
  - Follow-through
- Encourage complete entries (they like this)



### **Common Mistake:**

Leaving it too open-ended, they stall without clear expectations.