

Internal Readiness Pulse Check

A short youth reflection tool for transition age foster youth

This is not a test. There are no right or wrong answers. Choose the response that feels most true for you today. Your answers can help the adults supporting you better understand what may help you keep growing. You may skip any question you do not want to answer.

Name or initials (optional): _____ Date: _____

1 Not true for me yet	2 A little true	3 Sometimes true	4 Mostly true	5 Very true for me
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For each statement, circle one number:

1. I can name strengths in myself that can help me move forward.	1 2 3 4 5
2. I believe difficult experiences do not have to decide who I become.	1 2 3 4 5
3. When life gets hard, I believe I can keep moving forward, even if I need support.	1 2 3 4 5
4. I think about how my choices today can affect the future I want.	1 2 3 4 5
5. I believe I can make choices that move me toward my goals.	1 2 3 4 5
6. I can picture a future for myself that I want to work toward.	1 2 3 4 5
7. I have at least one person I trust enough to ask for help.	1 2 3 4 5
8. I know one part of my life I want to grow in right now.	1 2 3 4 5

A couple more questions in your own words:

9. What is one thing that makes it harder for you to keep moving forward? _____ _____
10. What is one thing you wish the adults supporting you better understood about what you need right now? _____ _____

A snapshot of today is not a label for tomorrow. Growth is possible.

Program Use Guide

How to use the Internal Readiness Pulse Check with care and purpose

Purpose: This tool is designed to help programs listen for internal readiness themes alongside practical life skills planning. Internal readiness is not a judgment of whether a young person is "ready" or "not ready." It is a snapshot of where support may be useful today.

How to use it

1	Invite reflection, do not require performance. Let youth know there are no right answers and that they may skip any question.
2	Protect privacy and choice. Allow youth to complete the tool privately. Ask permission before discussing individual responses.
3	Use responses to ask better questions. Look for themes and curiosity points. Do not assume you know the story behind a response.
4	Review group patterns with care. Use nonidentifying themes to consider where programming may need deeper support. Do not share identifiable responses without permission.

What the questions are listening for

AREA	QUESTIONS	WHAT IT CAN HELP SURFACE
Identity and self-belief	1-2	Strengths, self-view, and belief that difficult experiences do not have to decide the future.
Resilience	3	Belief in the ability to keep moving through difficulty and accept support when needed.
Agency and decision making	4-5	Connection between present choices, goals, and personal influence over the next step.
Future orientation and hope	6	Ability to picture a future worth working toward.
Positive connections	7	Access to at least one trusted person and willingness to ask for help.
Growth awareness and youth voice	8-10	Awareness of growth needs, barriers, and what the young person wants adults to understand.

Four simple conversation starters

"Would you be open to telling me more about that answer?"	"What has helped you feel that way?"
"What would make this feel one step more true for you?"	"What kind of support feels useful to you right now?"

Program reflection

- Where are young people showing strong internal readiness?
- Where are multiple youth signaling a need for deeper support?
- Does current programming give youth space to build identity, resilience, future vision, and trusted connections alongside practical life skills?

USED THE PULSE CHECK WITH YOUTH? I'd value hearing what stood out. [Share 60-second feedback here.](#)

Important: Do not add the numbers into a total score. This is a nonclinical reflection tool, not a diagnostic measure, validated scale, eligibility screen, or replacement for an ILP needs assessment, TILP, case planning, or mental health screening. Use it to invite youth voice and guide thoughtful conversation.