## An Asset Checklist

Many young people experience too few of the Developmental Assets. Read each statement below and check whether it is true or false in your own life.

### External Assets

**Support**

1. I receive lots of love and support from my family.  
2. My parent(s) and I communicate positively, and I am willing to go to my parent(s) for advice and counsel.  
3. I receive support from three or more nonparent adults.  
4. I have caring neighbors.  
5. My school provides a caring, encouraging environment.  
6. My parent(s) are actively involved in helping me succeed in school.

**Empowerment**

7. I believe that adults in my community value youth.  
8. I believe that young people are given useful roles in my community.  
9. I serve in my community for one hour or more per week.  
10. I feel safe at home, at school, and in the neighborhood.

**Boundaries and Expectations**

11. My family has clear rules and consequences, and monitors my whereabouts.  
12. My school provides clear rules and consequences.  
13. My neighbors take responsibility for monitoring young people's behavior.  
14. Parent(s) and other adults model positive, responsible behavior.  
15. My best friends model responsible behavior.  
16. Both my parent(s) and my teachers encourage me to do well.

**Constructive Use of Time**

17. I spend three hours or more per week in lessons or practice in music, theater, or other arts.  
18. I spend three hours or more per week in sports, clubs, organizations at school, and/or in community organizations.  
19. I spend one or more hours per week in activities in a religious institution.  
20. I go out with friends “with nothing special to do” no more than two nights per week.

### Internal Assets

**Commitment to Learning**

21. I am motivated to do well in school.  
22. I am actively engaged in learning.  
23. I do at least one hour of homework every school day.  
24. I care about my school.  
25. I read for pleasure three or more hours per week.

**Positive Values**

26. I place a high value on helping other people.  
27. I place a high value on promoting equality and reducing hunger and poverty.  
28. I act on my convictions and stand up for my beliefs.  
29. I tell the truth even when it is not easy.  
30. I accept responsibilities and take personal responsibility for my actions.  
31. I believe it is important not to be sexually active or to use alcohol or other drugs.

**Social Competencies**

32. I know how to plan ahead and make choices.  
33. I have empathy, sensitivity, and friendship skills.  
34. I have knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.  
35. I can resist negative peer pressure and dangerous situations.  
36. I seek to resolve conflict nonviolently.

**Positive Identity**

37. I feel I have control over things that happen to me.  
38. I have a high self-esteem.  
39. I believe my life has a purpose.  
40. I am optimistic about my personal future.

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