

— 52 Weeks —

# PARENTING TEENS TO ADULTING

A Parent Guide to Raising Confident  
Young Adults Through Weekly Family  
Connecting Conversations,  
Activities, Actions, & Journaling

**DEXTER GODBEY**

**52 Weeks -  
Parenting  
Teens To  
Adulting**

*A Parent Guide to Raising Confident  
Young Adults Through Weekly Family  
Connecting Conversations, Activities,  
Actions, & Journaling*

***By Dexter Godbey***

# Dedication

For my grandsons who inspired me to write this in the first place and to families everywhere who still believe in talking, listening, and growing together.

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# Foreword

By Vanessa Hogan

I feel thankful and blessed that I discovered **52 Weeks – Parenting Teens to Adulthood** during a challenging season with my teens.

I felt like healthy conversations and family connection time wasn't where I wanted it to be.

This book became a game-changer for our family. Its practical, step-by-step approach helped our family bond, build trust, improve communication, and strengthen our relationships.

I appreciate the informative weekly topics. My teen boys immediately participated and we had engaging conversations for the first time in years.



Parenting teens isn't easy. But this book makes it manageable and meaningful. If you commit to the process, you'll see real progress, quickly, and lasting connection.

I am so thankful for this book and have recommended it to all of my friends with teens. And to those with younger kids too, who will soon become teens themselves.

Our family is forever grateful for Dexter Godbey, the author of this book.

Thank you from a family who is now more connected with more open communication than ever!

# Foreword

By Chelsea Blackburn

I am so grateful and appreciative that my sister told me about **52 Weeks – Parenting Teens to Adulting**.

She recommended it to me when I was still pregnant with my son. I started reading it then because I wanted to get a jumpstart on healthy ways to connect with my soon-to-be family of three.

I looked forward to learning how to communicate well and build strong family conversations from the very beginning.



The book is easy to understand and simple to incorporate into day-to-day family life. Its clear, step-by-step approach made my husband and me eager to begin helping our miracle, rainbow baby boy grow into a strong teen - and eventually a capable, confident young man.

The weekly topics were extremely helpful and informative. With my background in education and teaching, I know that raising teens can be challenging. But this book actually made me excited to someday raise a teenage son.

Our son is now eight months old, and I have already recommended the book to all of my new mom friends. It is never too early to prepare for a healthy family lifestyle filled with strong communication and solid family values.

Thanks the author, Dexter Godbey. My sister has had tremendous success with her family because of it, and it has given me hope and excitement for the future of my own family.

I recommend that all parents read this book, embrace the process, trust the guidance, enjoy the transformation that is truly possible.

# 52 Weeks - Parenting Teens To Adulting

*A Parent Guide to Raising Confident Young Adults Through Weekly Family Connecting Conversations, Activities, Actions, & Journaling*

## Introduction

Today's families are busier than ever. Teens rush between school, activities, and screens. Parents juggle work, responsibilities, and constant demands. Often, we pass each other in the hall without ever slowing down long enough to truly connect.

I wrote this book to change that.

**52 Weeks - Parenting Teens to Adulting** gives your family a simple, consistent way to pause, talk, listen, take action, and grow together. It's not about lectures, pressure, or long lessons.

It's about **one meaningful conversation each week**. And then incorporating the essence of the conversation into real-world action.

Your teens will automatically and effortlessly build confidence, responsibility, independence, and emotional strength.

Each week you'll explore a short, focused **Topic**, read a practical **Prompt**, and talk about what it means in real life. Then your teen practices "adulting" skills or mindset shifts during the week in their normal activities.

When you come back together, you reflect on what changed, what surprised you, and what you learned about each other.

You don't need perfect answers.

You don't need to agree on everything.

In fact, the magic often happens when different viewpoints are met with curiosity and respect.

This book works because it's **simple, structured, and bonding**. The weekly **Topics** help teens build emotional intelligence, communication skills, confidence, decision-making, resilience, independence, and real-world readiness. All while your family naturally develops deeper trust and connection.

Here's how to use it:

- Start with the **Week 1 Topic**.
- Read it aloud as a family.
- Talk honestly about what it means to each of you.
- The teens then practice real-world action steps and journal about them throughout the week.
- The family gets together at the end of the week to reflect on what happened, what it meant, and how they applied it.
- And then start again on the **Week 2 Topic**.

That's it. No pressure. No judgment. Just shared experience, growth, and connection.

By the end of fifty-two weeks, you'll have more than a book completed.

You'll have **fifty-two moments of deeper understanding**, new confidence in your teens' ability to navigate the world, and a stronger family bond to carry forward long after the year ends.

Start this week. Talk together. Live each idea. See what unfolds.

**Best...**  
**Dexter Godbey**

# Week 1. Topic: Build A Strong Foundation

**Discussion, Action, Journaling Prompt:**  
**Curiosity is key:** Always be curious and ask questions.

The person who talks a lot is not usually the smartest or most successful person in the room. The person who listens a lot, asks questions, and is endlessly curious, loves learning, wants to solve problems, and thrives on innovation is usually the smartest person in the room. And, ultimately, the most successful.





## **Week 2. Topic: Developing Healthy Habits**

**Discussion, Action, Journaling Prompt:**  
**Prioritize Sleep:** Get enough sleep to recharge your mind and body.

If you want a strong, healthy mind and body, regular, solid sleep may be more important to you than either diet (what you eat and drink) and/or exercise. Mental, physical, and emotional health are dependent on solid, regular, sound sleep. It allows your body to naturally repair, rejuvenate, reset, and restore your physical, cognitive, and emotional functions.





# **Week 3. Topic: Building Strong Relationships**

**Discussion, Action, Journaling**

**Prompt: Communication is key:**

Express yourself clearly and listen attentively.

Effective communication and strong relationships are essential for success. They foster collaboration, problem-solving, trust, and support. They lead to better outcomes in both personal and professional endeavors.





# Week 4. Topic: Setting Goals

## Discussion, Action, Journaling

**Prompt: Dream Big:** Set ambitious goals for yourself.

Setting big, important goals provides a sense of direction, motivation, and fulfillment. You need some small goals too. But they're easier. I'm talking about the big ones. Those that challenge you and drive your whole life onward and upward.





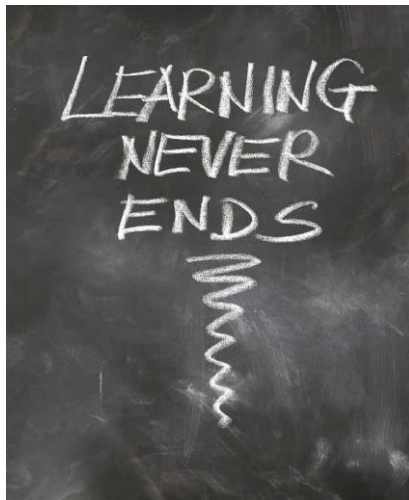
# Week 5. Topic: Learning and Growing

**Discussion, Action, Journaling**

**Prompt: Never Stop Learning:**

Continue to learn and expand your knowledge.

Learn what? Whatever is interesting and important to you. Learning about an array of subjects is essential for your success and happiness. It stimulates personal growth, adaptability, and a lifelong sense of curiosity and fulfillment.





## **Week 6. Topic: Financial Wisdom**

**Discussion, Action, Journaling Prompt:**  
**Save Early, Save Often:** Start saving for your future as soon as possible.

Starting to save early will lead to financial security later on. It will give you a solid foundation for future goals such as buying a home, supporting a family, starting a business, and retiring comfortably.





## **Week 7. Topic: Resilience and Perseverance**

**Discussion, Action, Journaling Prompt:**

**Don't Give Up:** Keep going even when things get tough.

Resilience and perseverance give you the power to overcome challenges and mistakes. They make you learn from setbacks and stay committed to your goals. They're essential habits to develop if you want to accomplish greater achievements and success.



**DON'T  
QUIT**



# Week 8. Topic: Personal Growth

**Discussion, Action, Journaling Prompt:**  
**Practice Self-Care:** Take time for yourself to relax and recharge.

Take care of yourself. Pamper yourself. No one else will do it for you. Excellent self-care may be your # 1 priority. It's essential for maintaining your overall well-being, reducing stress, preventing burnout, and improving your mental, physical, emotional, and spiritual health.





# Week 9. Topic: Making a Difference

**Discussion, Action, Journaling Prompt:**  
**Volunteer Your Time:** Give back to your community and help others.

Volunteering your time for worthy causes and helping others is incredibly rewarding. It allows you to give back to your community, develop new skills, meet like-minded people, and experience a sense of purpose and fulfillment.





# Week 10. Topic: Building a Strong Character

**Discussion, Action, Journaling Prompt:**  
**Honesty Is The Best Policy:** Always be honest and trustworthy.

Hopefully, this is obvious to you. Honesty builds trust, strengthens relationships, and ultimately leads to more positive and fulfilling outcomes **in all aspects, situations, and circumstances of life.**





# Week 11. Topic: Finding Happiness

**Discussion, Action, Journaling Prompt:**  
**Practice Gratitude:** Focus on the positive aspects of your life.

The amount of heartfelt gratitude you feel is related to the level of your happiness, wellbeing, and resilience. Make a conscious effort to acknowledge and appreciate the positive aspects of your life, such as your health, family, relationships, and experiences.





# Week 12. Topic: Career and Education

**Discussion, Action, Journaling Prompt:**  
**Education Is Critical:** Pursue education and learning opportunities.

Continuous learning and education are essential for personal and professional growth. The world is changing fast. To keep up, you'll want to expand your knowledge, develop new skills, and foster adaptability in this ever-changing world.





# Week 13. Topic: Reflection and Growth

**Discussion, Action, Journaling Prompt:**  
**Reflect On Your Journey:** Look back on your accomplishments and challenges.

Reflecting on past accomplishments can boost your self-esteem, provide valuable lessons for future endeavors, and motivate you to continue striving for personal and professional success. Be careful, though, that you don't waste time dwelling on the past and getting stuck there. Grab lessons from your past - good and bad - and apply them to the present... "The Now."





# Week 14. Topic: Building A Strong Foundation

**Discussion, Action, Journaling Prompt:**  
**Kindness Is Contagious:** Treat others with kindness and respect.

This is another idea I believe is obvious. Treating others with kindness and respect promotes positive relationships, creates a more harmonious environment, and can have a ripple effect on the immediate world around you and on the whole world, for that matter.





# Week 15. Topic: Developing Healthy Habits

**Discussion, Action, Journaling Prompt:**  
**Nourish Your Body:** Eat healthy foods and stay hydrated.

I'm sure you know this. But let's take a week to focus on it. Eating a healthy diet and staying hydrated are essential for your optimal physical, mental, emotional, and spiritual health. Healthy eating and drinking plenty of water - plain water - provide your body with the nutrients and fluids you need to function properly and support your overall well-being.

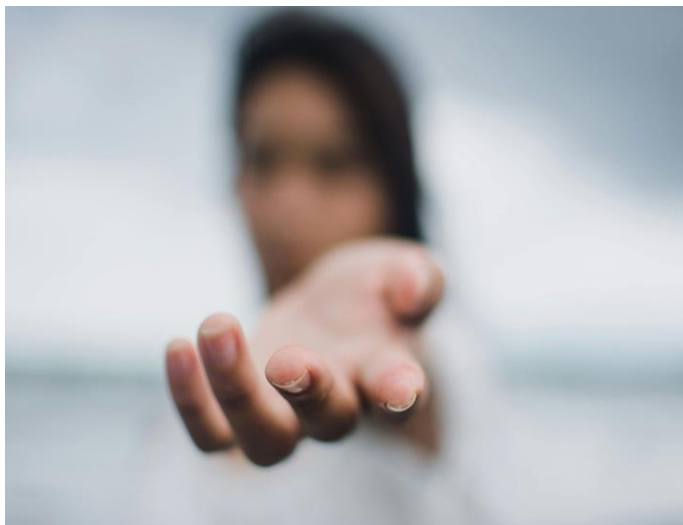




# Week 16. Topic: Building Relationships

**Discussion, Action, Journaling Prompt:**  
**Empathy Is Essential:** Understand and share the feelings of others.

Having empathy allows you to fully understand other people and build powerful, meaningful relationships. It fosters stronger connections, builds trust, promotes compassion, and enhances understanding for individuals, groups, our communities, and throughout our world.



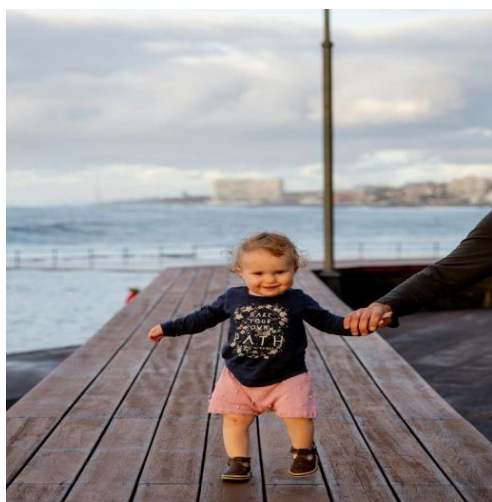


# Week 17. Topic: Setting Goals

## Discussion, Action, Journaling Prompt:

**Break It Down:** Divide your big goals into smaller steps that you can attain more quickly and easily.

Breaking down big goals into smaller, more achievable steps helps make them feel less overwhelming. I call them “baby steps.” They give you a sense of progress. Consistent progress makes it easier for you to stay motivated and focused on achieving your ultimate objectives.





# Week 18. Topic: Learning and Growing

**Discussion, Action, Journaling Prompt:**  
**Expand Your Comfort Zone:** Challenge yourself to try new things.

Challenging yourself to continually try new things leads to personal growth and strength of character. It boosts confidence. You'll discover your personal hidden talents and passions. And doing so can give you a more satisfying, fulfilling, fun, and adventurous life.





# Week 19. Topic: Financial Wisdom

**Discussion, Action, Journaling Prompt:**  
**Budget Wisely:** Track your spending and create a budget.

Tracking your spending and following a budget is a smart habit to develop. It helps you spot areas where you can save money, where to best spend money, and where it's best to invest. Budgeting generally helps you make informed decisions about how to allocate your resources to achieve financial goals that are in your best interest.





## **Week 20. Topic: Resilience and Perseverance**

**Discussion, Action, Journaling Prompt:**  
**Believe In Yourself:** Have confidence in your abilities.

Powerful traits and abilities like resilience, perseverance, self-belief, and self-confidence are important to help you overcome challenges, reach your goals, and live your best life at your full potential. Trust yourself. Nurture and grow your resilience and perseverance skills and behaviors.





# Week 21. Topic: Personal Growth

## Discussion, Action, Journaling

**Prompt: Believe In Yourself:** Be true to yourself and your values.

Self-belief is fundamental for personal growth, fulfillment, and building strong relationships. When your actions are in balance and alignment with your strong self-beliefs, you're able to live with integrity, gain self-respect, and inspire others to do the same.





## Week 22. Topic: Making A Difference

**Discussion, Action, Journaling Prompt:**  
**Be A Positive Influence:** Spread positivity and inspire others.

Focus on becoming a positive influence if you want to inspire others. If you can do that consistently, you'll have the power to create more uplifting environments and contribute to a happier and more harmonious world. Don't just make a difference. Be the difference.





## Week 23. Topic: Building A Strong Character

**Discussion, Action, Journaling Prompt:**  
**Be Reliable:** Keep your promises and follow through on your commitments.

The best way to earn respect from others is to always, without fail, keep your promises. It's a powerful and effortless way to build trust, strengthen relationships, and demonstrate your integrity. Integrity is a cornerstone of being a valuable and respected family member, friend, and human being.





# Week 24. Topic: Finding Happiness

**Discussion, Action, Journaling Prompt:**  
**Find Joy In The Little Things:** Appreciate the simple pleasures in life.

Life gets complicated and overwhelming at times. Learning to slow down and settle down a bit is a great asset. A straightforward way to do that is to find joy in little things. To simplify. To declutter. When you fully enjoy and appreciate everyday moments, everything becomes more meaningful and enjoyable. See if you can find joy every day.





# Week 25. Topic: Career And Education

**Discussion, Action, Journaling Prompt:**  
**Find A Career You Love:** Do something you're passionate about.

I don't know the percentages. But I guess a vast majority of people are spending every day doing work in jobs they dislike or hate more than they love. It's a daily struggle for them to go to work let alone stay involved and reasonably happy. Pursuing a career you love will lead you to greater happiness, increased motivation, and overall fulfillment. Your passion for what you're doing will drive you to excel and contribute meaningfully to your work and more success and fulfillment in your life.





# Week 26. Topic: Reflection And Growth

**Discussion, Action, Journaling Prompt:**  
**Set New Goals:** Continue to strive for personal and professional growth.

Continually setting new goals provides a sense of purpose, challenges you to grow and learn, and keeps you motivated to strive for personal and professional excellence.





# Week 27. Topic: Building A Strong Foundation

**Discussion, Action, Journaling Prompt:**  
**Failure Is A Steppingstone:** Learn from your mistakes and keep trying - keep moving forward.

I mentioned before not to dwell on your past. But do review it as needed to learn from your mistakes. Doing so empowers you to keep trying, overcome current and future challenges, develop resilience, and ultimately achieve your goals.





# Week 28. Topic: Developing Healthy Habits

**Discussion, Action, Journaling Prompt:**  
**Exercise Regularly:** Exercise your body and mind regularly.

The list of reasons to regularly exercise both your body and mind is long. It includes improving your physical fitness, reducing risk of chronic diseases, boosting your mood and outlook, enhancing your cognitive function, improving your quality of sleep, increasing your energy levels, and much more.





# Week 29. Topic: Building Relationships

**Discussion, Action, Journaling Prompt:**  
**Choose Your Friends Wisely.** Surround yourself with positive and supportive people.

Surrounding yourself with positive and supportive people has a profound impact on your mental and emotional well-being. They provide you with encouragement, motivation, and a sense of belonging. All of which are important to your mental, physical, emotional, and spiritual health.





# Week 30. Topic: Setting Goals

**Discussion, Action, Journaling Prompt:**  
**Stay Focused.** Stay committed to your goals and don't give up.

Staying focused and committed to your goals takes perseverance, resilience, and a consistent effort. Practicing those traits helps you overcome challenges, rebound from setbacks, and keeps you task oriented. Success follows.





# Week 31. Topic: Learning and Growing

**Discussion, Action, Journaling Prompt:**  
**Embrace Change.** Be open to change and adapt to new situations.

Embracing change is necessary for developing personal growth. It's also important to ensure that you recognize new opportunities. It will help you increase your personal power, prepare you to adapt to challenges, and give you the clarity to thrive in a dynamic, constantly changing world.





# Week 32. Topic: Financial Wisdom

**Discussion, Action, Journaling Prompt:**  
**Avoid Debt.** Be mindful of debt and avoid debt when possible.

Debt can cause financial stress and even disaster. Sometimes controlled debt is necessary. But avoid debt when possible and when it's in your best interest. Avoiding debt can prevent financial stress, provide greater financial freedom, and allow you to save and invest for your future goals.

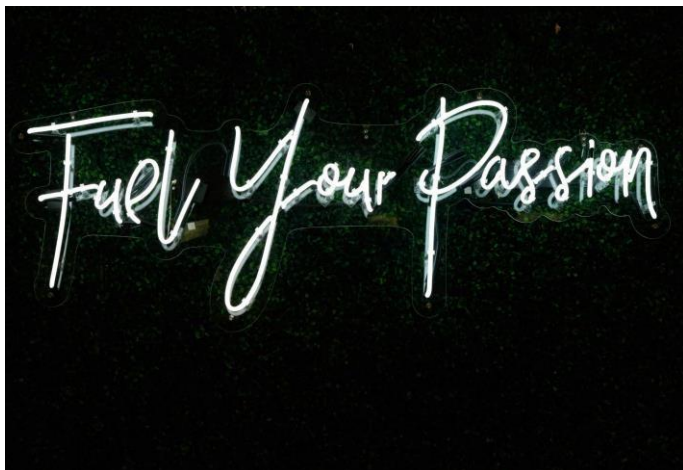




## Week 33. Topic: Resilience and Perseverance

**Discussion, Action, Journaling Prompt:**  
**Fuel Your Passion.** Pursue activities, jobs, and careers that you love and enjoy.

Pursuing your passions can lead to greater fulfillment, motivation, and success. It empowers you to engage in activities you genuinely enjoy and excel in. The more you love what you're doing, the better you'll be at it.

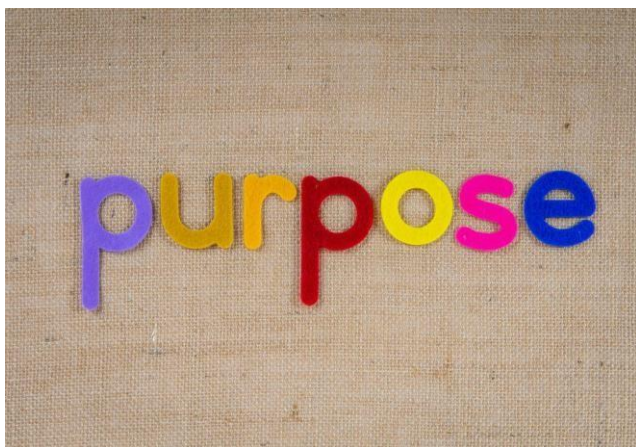




# Week 34. Topic: Personal Growth

**Discussion, Action, Journaling Prompt:**  
**Find Your Purpose.** Discover what truly matters to you.

Striving to find your purpose in life gives you a sense of direction, motivation, and fulfillment. Those things lead to a more successful, meaningful, and satisfying existence.





# Week 35. Topic: Making A Difference

**Discussion, Action, Journaling Prompt:** **Protect The Environment.** Be mindful of your impact on the planet.

We only get one Earth. Your actions can help it or hurt it. Even trivial things. Your choices make a difference. Be conscious of your choices. This means making solid, conscious daily life choices to reduce your consumption, waste, and carbon footprint. All this contributes to a more sustainable and healthy future for everyone.





## Week 36. Topic: Building A Strong Character

**Discussion, Action, Journaling Prompt:**  
**Be Respectful.** Treat others with respect regardless of how different they may be from you.

First, respect yourself and treat yourself with respect. Then, treat others with respect, regardless of your differences. You'll foster better personal relationships, a more harmonious and inclusive society, promote understanding, and will have a positive impact on your own well-being.





# Week 37. Topic: Finding Happiness

**Discussion, Action, Journaling Prompt: Surround Yourself With Positivity.** Spend time with positive people who make you happy.

Be choosy about who you spend time with. Surrounding yourself with positive and supportive people uplifts your mood, reduces stress, and creates a more fulfilling and enjoyable life experience.





# Week 38. Topic: Career And Education

**Discussion, Action, Journaling Prompt:** **Network With Others.** Build relationships with others in your field.

Networking and building relationships with others in your field or who have similar interests and goals can provide valuable opportunities, expand your knowledge, and offer support and mentorship as you navigate your career path and your life.





## **Week 39. Topic: Reflection And Growth**

**Discussion, Action, Journaling Prompt:**  
**Be Patient.** Good things often take time.

The amount of natural patience you have is genetic. It's in your DNA. It's also something you can improve with practice to find a good balance for yourself. Sometimes you need quick action. Sometimes patience. Patience can be an asset that allows you to thoughtfully navigate challenges with grace, maintain composure under pressure, and make better decisions.





# Week 40. Topic: Building A Strong Foundation

**Discussion, Action, Journaling Prompt:**  
**Gratitude Is A Gift.** Express gratitude for all the good things in your life.

Gratitude is a gift. It doesn't cost a cent and takes almost no effort to practice every day. This practice fosters a positive mindset, reduces stress, and enhances overall wellbeing and happiness. To cultivate gratitude, make a conscious effort to acknowledge and appreciate the good things in your life, such as your health, your family, your friends, your "stuff," and your experiences.





# Week 41. Topic: Developing Healthy Habits

**Discussion, Action, Journaling Prompt:**  
**Practice Mindfulness.** Pay attention to the present moment and reduce stress.

Practicing mindfulness means staying focused in the present moment. “The Now.” It’s all we have. No past. No future. Only now...this moment. Staying in The Now reduces stress, improves your mental, physical, and emotional well-being, and enhances your ability to appreciate your life's simple joys, big dreams, and great achievements.

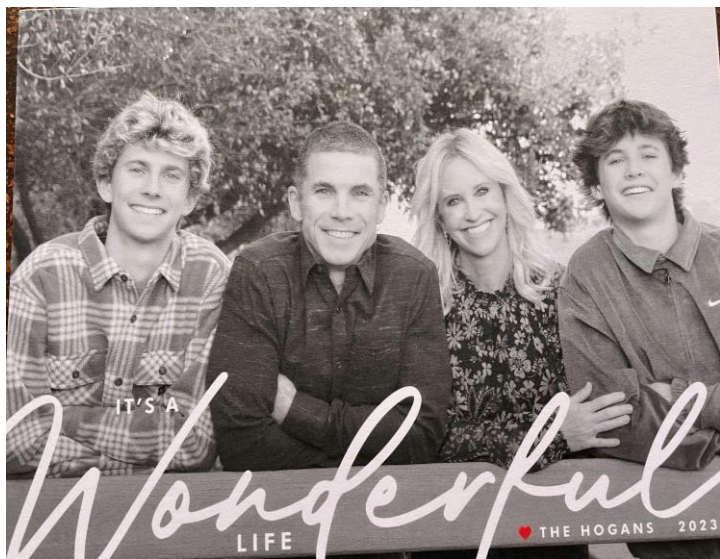




# Week 42. Topic: Building Relationships

**Discussion, Action, Journaling Prompt:** **Family Is Everything.** Cherish your family and spend quality time with them.

Family is the foundation of your life. It provides unconditional love, support, and a sense of belonging. Cherishing your family and spending quality time with them strengthens bonds, creates lasting memories, prepares you for the world, and enriches your life in countless ways.





## Week 43. Topic: Setting Goals

**Discussion, Action, Journaling Prompt:**  
**Celebrate Your Successes.** Acknowledge and reward your achievements.

Celebrating your successes and acknowledging your achievements - whether privately and quietly in your own mind or in big celebrations - boosts your self-esteem and provides you with a sense of accomplishment. Plus, it motivates you to continue striving and fighting for your goals.





# Week 44. Topic: Learning And Growing

## Discussion, Action, Journaling

**Prompt: Be Adaptable.** Be open alert and adapt to the constant changes in the world around you.

The whole universe is constantly moving and constantly changing. That goes from the cosmos to the quantum particles in your body. You can't stop or fight it. Embracing change and being adaptable to new situations is critical to a productive life. And it builds resilience, personal growth, and the ability to thrive in an ever-evolving world.





# Week 45. Topic: Financial Wisdom

**Discussion, Action, Journaling Prompt:** **Invest Wisely.** Learn about investing so you can make informed decisions.

Learning about smart investing is this week's practice goal. Practice. Education about investing wisely is essential for making informed financial decisions, creating wealth, and achieving your long-term financial goals.





## **Week 46. Topic: Resilience And Perseverance**

**Discussion, Action, Journaling Prompt:**  
**Be Resilient.** Bounce back from mistakes, setbacks, and challenges.

Resilience and perseverance empower you to overcome all manner of problems. Doing so helps you stay determined to achieve your goals, ultimately leading to greater success, happiness, and personal growth.



**YOU DIDNT COME THIS  
FAR TO ONLY COME  
THIS FAR**



## Week 47. Topic: Personal Growth

**Discussion, Action, Journaling Prompt:**  
**Live in The Present Moment.** Enjoy the here and now.

I covered this earlier when talking about mindfulness. And it's worth repeating and practicing. The past and future do not exist except in your own mind. You can't go there or get anything done there. There are reasons to think about them occasionally. But don't get stuck in either the past or the future. The only thing you really have is "The Now." It's the only place where you have any power.





# Week 48. Topic: Making A Difference

**Discussion, Action, Journaling Prompt:**  
**Stand Up For What You Believe In.** Be courageous and advocate for what you care about.

While respecting other people's beliefs, maintain your own integrity. It's critical to stand up for yourself and advocate what you believe and believe in. It's how you can impact positive changes and help create a world that reflects your values.





# Week 49. Topic: Building A Strong Character

**Discussion, Action, Journaling Prompt:**  
**Be Grateful.** Express gratitude for the good things in your life.

You may have noticed that gratitude is the underlying theme of several of our Topics. That's not an accident. One of the best ways to reinforce and get more of the things you enjoy, love, and cherish is to express your gratitude for them. Whether it is quietly in your mind, in a Gratitude Journal, in church, or however it works best for you, express gratitude. If you're grateful for anything from the miniscule to the ginormous...express your gratitude for it.





## Week 50. Topic: Finding Happiness

**Discussion, Action, Journaling Prompt:** **Forgive Yourself And Others.** Let go of grudges and resentment.

Although we sometimes hold on to resentment and grudges believing we're "getting even" or "paying someone back," it actually works the other way around. They don't care. And holding resentment about others can negatively impact your mental, physical, emotional, and spiritual well-being. It can sabotage your ability to move forward and build positive relationships.





# Week 51. Topic: Career And Education

**Discussion, Action, Journaling Prompt:**  
**Be Open To New Opportunities.** Embrace change and be willing to try new things.

Remember that everything in the Universe is in constant motion. That means it's changing. So, it behooves you to embrace and practice change and look for new opportunities. They may lead you to personal growth, increased personal power, and a more fulfilling life. Practicing change allows you to adapt to challenges and seize exciting new possibilities.





# Week 52. Topic: Reflection And Growth

**Discussion, Action, Journaling Prompt:**  
**Never Stop Learning.** Continue growing  
and evolving as a person every day.

Remember that change is universal and continuous. It's therefore incumbent on you to continually learn and grow. It's essential for personal development, expanding your knowledge, skills, and perspectives, allowing you to adapt to challenges, and thrive in our magnificent, ever-evolving world.





**THE END**

**You Did It!**

(Now Start Over)

***From Dexter -  
A Note Before You Close  
This Book***

Since you've reached this page, I'd like to say something simple and honest:

**Well done!**

You didn't just read a book. You engaged your family. Bonded. Talked. Discussed. You invested in your teen or teens.

At least one person – one human being you care about - is better prepared for life today than they were 52 weeks ago.

That matters.

What you just modeled - curiosity, listening, agreeing, disagreeing, patience, and real conversation - seems to be getting more and more rare in our world.

You showed your teens what respect feels like. You showed them that communication is power. You showed them that adulting isn't something to fear. It's something you prepare for - one conversation at a time.

My hope is that this book doesn't end for you and your family.

Maybe you'll revisit certain Topics. Maybe you'll keep some conversations going all year long. Maybe you'll pick a few Topics to repeat every birthday or every New Year.

Whatever you choose, you now have a tool, a rhythm, and a deeper bond with your teens.

If that's all this book ever did, I believe it has already served its purpose.

Thank you for spending this year with me. Thank you for showing up for your teens.

And, most importantly, thank you for believing that family still matters.

You did good.

Here's to brave parenting and strong young adults.

## ***If This Book Helped You, Would You Share That?***

Reviews on Amazon help other parents decide if this book is worth their time and money.

If you've found these 52 weeks helpful in connecting with your teens and preparing them for adulthood, I'd be truly grateful if you'd take a minute to leave an honest review.

Just search for

“52 Weeks - Parenting Teens To  
Adulthood - by Dexter Godbey”

on Amazon and click **“Write a Customer Review.”**

Even one or two sentences about what changed for your family can make a real difference.

Thank You.

## ***About The Author***

**Dexter Godbey is a proud dad, grandfather, and lifelong learner** who has spent decades helping families grow through communication, emotional intelligence, and practical wisdom.

He has served as a Certified Trainer with The Positive Coaching Alliance, an attorney, consultant, business executive, and energy healing practitioner.

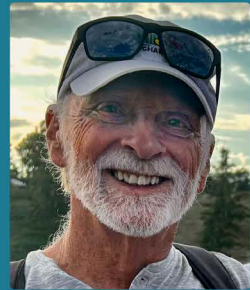
He brings a unique blend of psychology, temperament types, communication strategies, and real-life experience to help families connect in meaningful ways.

**52 Weeks – Parenting Teens to Adulthood** began as a Christmas gift for his grandchildren... and grew into a powerful tool to help parents guide their teens into adulthood with confidence, clarity, and character.

Raise confident, capable young adults – one weekly conversation at a time.

- 52 weekly topics for meaningful conversations
- Real-world life-skills challenges teens can practice immediately
- Guided journaling for insights, reflection, and growth
- Confidence, independence, and resilience builders
- A simple family routine that the whole family enjoys
- Positively strengthening relationships

Dexter Godbey – a father, grandfather, and lifelong learner – created **52 Weeks: Parenting Teens to Adulthood** as a heartfelt guide to help families strengthen communication, deepen connection, and support teens on their path to confident adulthood.



Your teen's future begins  
with the conversations  
you have today.

