

Teen Success: It's All About You!
Your Choices – Your Life

A Pocket Guide to Teenage Success

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Dedication

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This book is dedicated to all teens who wish to take 100% responsibility for their lives and take their future to the next level.

Acknowledgments

Thank you to everyone who has supported: “The 4-1-1 on Life Skills;” “The 4-1-1 on Step Parenting,” “The 4-1-1 on Surviving Teenhood,” and “Parenting with an Edge.” I am fortunate to live my passion to help others.

I would also like to thank my family and friends for encouraging me to share this information with you. I want to be able to encourage our teens to make better life choices.

Thank you to Dr. Robert Resnick for giving written permission for the use of his E(vent) + R(esponse) = O(utcome) equation.

Foreword

The primary goal of the teen years is to achieve independence. Other goals include: finding a way to fit in; thinking about a career choice; and for many just making it through high school. For the process of the primary goal to occur, teens will start pulling away from their parents. They will pull away from the parent they are closest to first. Although capable of making decisions, a number of teens are not ready for the adjustment. Maturity levels vary amongst teens. No matter what level you are in your maturity, the principles in this book will work for you.

At this stage in life, teens are responsible for their choices, and although a parent is in part to blame when a teen makes a mistake, the bottom line is you are still responsible. People will make quick assessments of you when you make mistakes. People will also make a quick assessment of you by your appearance. Appearance can serve as a clue to your character and upbringing. It can be

confusing when the most colorful dressers come from good families. Appearance may also signal whether you are a troublemaker, what type of work ethic you have, if there is parental involvement, and whether you have solid morals or values. Today there is a general, but limited, acceptance of a teen's unique appearance, offering an opportunity to redefine a youth's unusual style as individual, positive exploration and a harmless search for identity.

More and more young adults strive to be successful, some by trying to be a better athlete; a better student; and yes, even a millionaire. Many of them started at a young age with little or no instructions, just a dream. They start with a desire to do or become something and they act upon it. The definition of success lies within the individual.

With the proper strategies in place, you can do or become anything you want. Are you ready to do what it takes to become successful? This book will not tell you how to live your life. It contains

solid advice on how to overcome the roadblocks and achieve success. Once you are aware of the personal roadblocks, you will be in an excellent position to overcome them.

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Chapter One

Believe

"We are what we believe we are."

-C.S. Lewis

Believe and You Shall Achieve

Things in life are either positive or negative. If you believe things will be positive, they will be positive. If you think negative thoughts, you attract negative outcomes. Our thoughts and actions drive what we achieve. If you believe you can do something, and visualize yourself doing it, you can do it. You have to be able to mentally picture yourself in your accomplishment in order to achieve the end result you desire. You must also act "as if" you already have the outcome you need. It doesn't matter what it is you want; imagine how you would feel if you already had it. You must feel the actual feelings so that you can obtain the outcome.

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Growing up your parents may have told you (more than once) the following:

- It takes money to make money.
- Only the rich buy expensive things.
- Money doesn't grow on trees.
- You can't play sports. No one in our family is a good athlete.
- You will never make good grades. No one in our family made good grades.

And the list goes on. If you are told these things often, then they must be true, right? Wrong. Most people have never been taught how to obtain the things they want in life by having the self-confidence and self-esteem high enough to get them. They didn't believe they could have these things, so they didn't have them. Believing in yourself is an attitude.

How do you expect other people to believe in you if you don't believe in yourself? No matter what you do, what you say, or who you become, there will always be someone who doesn't ap-

BELIEVE

prove. You can't live your life based on other people's needs and expectations. There will always be someone who finds you too obedient or too outspoken; too sensitive or too cold; too needy or too distant; too serious or too immature. And that's okay. It's okay to be different. It's impossible to please everyone, and more important, you don't exist to conform to other people's standards. You have to make your happiness and wellbeing a priority. You have to let go of the idea that other people should validate who you are. There is a difference between gaining someone's approval and gaining someone's belief. You have to believe with all your heart that who you are is exactly enough. Once you believe in yourself, others will believe in you.

From this point forward, I want you to believe in yourself. Whatever your dream is, look yourself in the mirror and tell yourself you will achieve it - no matter what. I want you to take the "t" out of the word can't. We no longer have areas of weakness, we have areas of improvement. It is only a weakness if you let it be one.

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And, we will remove the word failure from our vocabulary and replace it with the word challenge.

Self-Discovery Challenge

List 3 good qualities about yourself:

1. _____

2. _____

3. _____

List 3 areas of improvement you need to work on:

1. _____

2. _____

3. _____

BELIEVE

List 5 careers you are interested in:

1. _____

2. _____

3. _____

4. _____

5. _____

