Teenagers

Where can I start....

First of all, well done for getting this far... becoming a teenager is easy, if you wait long enough it happens! Managing teenage years can be a tad more difficult and challenging! There is this untruth going around, that every day is amazing, wonderful and happy. Just look at social media... It must be true!!! Unfortunately, it is not!

NOT EVERY DAY IS A GOOD DAY

But every day is a day.

You, and only you alone, will determine what happens next! Believe me. If you want something you just have to look, ask or knock on a door and you will find it... sitting in your room, shutting yourself away from the world only isolates you even more! Be brave and open the door, it is the first step.

Some days are brilliant, so much fun, others you may need to just go with the flow... others you may have to get back to basics, and others the bare necessities is all that can be managed! This is true of all humans... full stop. No exceptions.

I have worked with thousands of young people and the following is true... reread as often as you like. Some will be easy to digest while others may take a while.

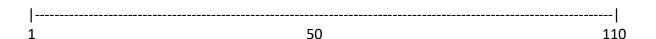
STOP judging yourself.

STOP comparing yourself.

STOP and enjoy your unique journey.

IF YOU ARE STRUGGLING... LOOK FOR HELP... there is so much out there and so many people who really do want to help. They may not always get it right, they may not work for you but keep looking as you will find someone who fits... and help yourself to the free stuff on here.

This is your life... insert your age onto the line below. Now, do you want to be where you are now, in 10/20 years? Best get planning... it really is all about you... ☺



The following is true.... Print out and read daily You are unique You are an individual You have your own story You have got this You will encounter challenges along the way You do have what it takes to overcome those challenges You are worth it You do make a difference You do matter You are amazing You are not alone You are brave You will have bad days You can adapt and change You do not have to like everyone You will find your people You are stronger than you know You are good at some things

You are 'normal'

You do have thoughts and feelings – they do matter

You learn as you grow and you grow as you learn, so relax – it will happen naturally

YOU ARE YOU © WELL DONE ON GETTING THIS FAR... Keep on keeping on ©