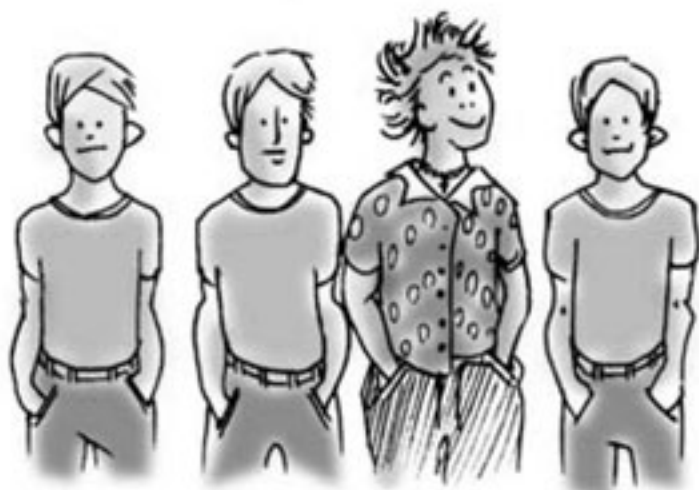


introduction

<i>one//</i>	love and respect yourself	5
	• You are unique... that's a good thing	7
	• GET REAL, a true diamond.....	9
	• No one can make you feel bad about yourself.....	11
	• Are you bullying yourself?	13
	• It's time to fall in love with yourself	14
	• Self esteem	15
	• Let's talk banking	17
	• Character	19
	• Integrity	21
	• Praise yourself	23
	• Affirmations.....	25
	• Treat others well	29
<i>two//</i>	think positive!	31
	• Thoughts matter	33
	• Negative stuff	37
	• Positive stuff.....	38
	• Act 'as if'	39
	• You are a magnet.....	40
	• The blame game	41
	• The rubber band technique.....	42
	• You always have a choice	43
	• Why failure is good.....	47
<i>three//</i>	become a teen with passion!	51
	• Find your passion	53
	• Examples of passions.....	54
	• Get organised	57
	• Develop an attitude of gratitude	59
	• Begin a gratitude journal	61
	• Practise generosity	63
	• Volunteer your time	64
	• Be ready to receive! Ask for help	67
	• Say thankyou, often	68
	• Thank your parents	69
<i>four//</i>	achieve awesome results!	71
	• You can achieve anything	73
	• Licence to dream.....	75
	• What have you got to lose?	77

five//	the power of setting goals	79
	• The power of setting goals	81
	• Why people don't set goals	83
	• Write down your goals	87
	• Set yourself rewards	89
	• Revise your goals often	90
	• Dream big!	91
	• Create a Dream Book	93
	• Seek out mentors	95
	• Step out of your comfort zone and into your courage zone! ..	97
six//	trying teen times	101
	• The emotional roller coaster	103
	• Don't be in such a hurry!	105
	• Stress	107
	• Stress busters	108
	• When you're feeling down	109
	• What to do when friends say they want to hurt themselves..	111
	• Suicide	113
	• Look after yourself	115
	• Parents	119
	• Sibling rivalry	121
	• Eldest child syndrome	122
	• Intuition	125
	• Be careful what you expose yourself to	127
	• New communication game	129
seven//	friendships	133
	• Friendships	135
	• Comfort levels	137
	• Body image	139
	• I hate my body	143
eight//	bullying	145
	• Dealing with bullying	147
	• A bullying example	149
	• Sticks and stones	151
	• Your tongue, a sword?	153
	• Bully busters	157
	• Positive defence	159
nine//	making positive life choices	161
	• Choose your influences	162
	• Smoking and drugs	165
	• In conclusion	167
ten//	helpful teen support lines & websites ..	168
eleven//	calling all budding authors	169

**Love
and
respect
yourself!**



**you don't have to try
and be anybody else
but yourself...**

you are **unique**...

...that's a good thing

There were two versions of me at one stage when I was growing up, all because of a TV show I adored.

The show — a soapie called 'A Country Practice' — was very popular. Leading the way was one of the stars, 'Molly'. She was a confident, gorgeous woman who stood up for what she believed in. She dressed in bright colours and wore amazing, wacky, bright outfits.

Molly, the character, eventually died. That episode was watched by millions of Australians, sitting glued to their TVs to watch a most-loved character fade from our screens for eternity.

In front of one telly screen was me, tears rolling down, thinking how much I wanted to be 'Molly'.

The truth is, there is only one *you* on the whole face of the earth — how incredible is that!? Being created as a unique and amazing individual actually lets you off the hook straight away. You don't have to try and be anybody else but yourself. Actress Judy Garland — the girl who played Dorothy in 'The Wizard of Oz' — once said:

'Always be a first-rate version of yourself, instead of a second-rate version of someone else.'

The media constantly bombards us with images, telling us what we should look like and how we should act as teenagers. We end up all becoming look-alikes of each other. How boring is that?

'Always be a first-rate version of yourself, instead of a second-rate version of someone else.'

>>>

get **REAL!**

**...the REAL YOU is amazing, lovable,
a true diamond**

Diamonds have it tough at birth!

They start out as grubby, dirty charcoal. Not pretty, any way you look at them. Someone has to clean them, polish them up so we can see what's so cool inside.

We need a bit of that clean and polish as well. Sometimes we need to rub away at the surface to enable our own unique diamond to shine.

At birth, you are a unique diamond, a true star who can achieve great things. As we get older, it's easy to forget that we must rub away some of the charcoal to find the true gem!



*"Pure gold put
in the fire comes
out of it proved
pure; genuine
faith put through
this suffering
comes out proved
genuine."*

1 Peter 1:7

**We must
rub away
some of the
charcoal
to find the
true gem!**

quotes cool

I didn't belong
as a kid
and that always
bothered me.

If only I'd known
that one day
my differentness
would be an asset,

Then my early life
would have been
much easier.

Bette Midler

Start treating
yourself as if
you're
The most
important asset
you'll ever have.
After all, aren't you?

Anonymous

no one can make you feel **bad** about yourself...

Imagine this. You come to school, feeling pretty good about yourself. Then, someone says eight words that change everything:

'Hey what have you done to your hair?'

You must make a decision, right then. Do you take this on board with you? Do you carry it around all day, feeling down because someone made a comment about your new hair colour (YES this is the new shade of purple!).

Or do you say to yourself: 'Yep, my hair looks great! I'm happy to experiment with purple this week. It's only hair. If I don't love it, I simply have the power to change it.'

'Someone else's opinion of you is none of your business.' *Author unknown*

It's true, but a hard concept to grasp. We often allow others to dictate how we feel about ourselves. Frankly, if people **must** have an opinion of you all the time (and worse still, let you and others know what their opinion about you is), they obviously have far too much time on their hands! Remember, the only person who has the right to have an opinion about you is **you**! What **you** think of **you** is really the only opinion that matters.

'Someone else's opinion of you is none of your business.'
Author unknown

'No one can make you feel inferior, without your consent.'
Eleanor Roosevelt



why would you allow
yourself to be bullied
... especially by
your own SELF?

are you **bullying** yourself?

...what am I hearing?

What does your own self-talk sound like?
Do you constantly talk to yourself using phrases like:

'You idiot!'

'You're hopeless!'

'You've done it again!'

'Everyone hates you!'

If you do, smack yourself over your head! Yes I mean it!
You are bullying yourself and it is time to stop. I'm sure if your friend was being bullied in front of you, you'd soon step in and say something.
So why then, would you allow yourself to be bullied, especially by your own SELF?

Instead, change your self-talk into positive talk.

Talk to yourself in a positive way, using words and phrases that build you up rather than tear you down.

food for thought...

There is only one you!

You are beautifully and perfectly made.

When you get that, you'll begin to develop into a more powerful and lovable you!

it's time to fall in **love**

...with yourself

Let's face it. Watching OC re-runs and dreaming of your one true love is a bit of a waste of time ... if you don't first learn to truly love yourself! People will be totally drawn to you as a person when you really like and love yourself.

I know what you're thinking here. If I love myself, that's:

- a. *Weird, and*
- b. *Won't everyone think I'm 'Totally self absorbed?'*

No, that is not what I'm talking about. There is a huge difference between 'loving yourself', and being a 'boastful pain in the butt!' People who like themselves are generally much happier people to be around. Have you ever been around someone who constantly says things like:

'My hair looks terrible.'

'My butt looks huge in these jeans.'

'I'm hopeless at that!'


They're always saying negative things about themselves, usually because they want people around them to react and say things like:

'No you're not useless.'

'No, your butt looks really small in those jeans.'

'No, you look so great.'

After a while, people like this — who always speak negatively about themselves — can be plain exhausting to be around. You're a much nicer person to be around when you are happy with YOU. **Trust me!**



People will be totally drawn to you as a person when you really like and love yourself.

Self esteem



...no problem having a dose of this!

Self-esteem refers to our own feelings of self-worth or the esteem we give ourselves. It's a good thing. In fact, a healthy self-esteem — feeling good about yourself — will reflect on and translate to other people around you.

People with a healthy self-esteem, or self image, tend to be pretty comfortable with themselves. They know what their strengths are and they understand that they are unique and valued.

People with a low self image are usually easy to spot.

They will usually be those people complaining that they are 'hopeless at this or that', 'aren't as beautiful as Sarah' or 'as cool as Jack'. They are, more often than not, the people who will gossip, put others down, talk negatively about others or will be a bully.



Developing a healthy self image is one of the most important goals you can concentrate on right now. With a healthy self image, you can accomplish anything you set your mind to! If you can do all that you can to work on your self image as a teenager, you stand a much greater chance of becoming a happy and successful adult!

Developing a healthy self image is one of the most important goals you can concentrate on right now.