

Life Coaching for Teens

< Building Confidence >

< Developing Character >

< Living Courageously >

By
Joel Garcia

- Life Coaching for Teens -
Building **Confidence** - Developing **Character** - Living **Courageously**

Follow

Latino Townhall

on



Contact Information:

Latino Townhall
6620 W. Katie Ave.
Las Vegas, NV 89103
(702) 287-1859

Email: latinotownhall@gmail.com Website: www.latinotownhall.com

- Life Coaching for Teens -
Building Confidence - Developing Character - Living Courageously

Table of Contents

DISCOVERY - Building Confidence is Foundational

I. Individuality: There is no one exactly like me.....7

II. Identity: If there is no one exactly like me then who am I?.....8

- 1. Fingerprints, DNA and Biometric Identification
- 2. Why is it so hard to go deeper within?
- 3. Where is the rest of me?

II. Purpose: Why am I here?.....13

- 1. It's dangerous not knowing the "why"
- 2. Three key answers to get you started

DEVELOPMENT - Developing Character is Fundamental

I. Developing Character: Virtue is Everything!.....19

II. The 12 Top Virtues for Teens.....21

- 1. **Love:** Overlooking the faults of others and building influence.....20
- 2. **Honesty:** The ultimate character test.....23
- 3. **Purity:** Staying "green" in a polluted world.....25
- 4. **Discipline:** Staying on task – Achieving your goals.....26
- 5. **Financial Responsibility:** Mastering money so it doesn't master you.....28
- 6. **Generosity:** The signature of a satisfied heart..... 29
- 7. **Courage:** Standing strong in the midst of fear and doubt.....31
- 8. **Perseverance:** Refusing to quit – Expecting to win!.....33
- 9. **Introspection:** Gaining clarity and perspective through silence and solitude.....35
- 10. **Wisdom:** Navigating successfully through life's challenges and social situations.....38
- 11. **Foresight:** Perceiving & interpreting the emerging future for good decision-making.....40
- 12. **Magnanimity:** The King of all virtues – Self Mastery.....42

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

DESTINY - Living Courageously in the Future

I. Passion: Find Your Energy Quotient.....	46
1. A Gifts Assessment	
2. A Passion Inventory	
3. Harness Your Passion in the Right Direction	
II. Mission: Where Am I Going?.....	52
1. What is a life mission statement?	
2. Don't spread yourself too thin - "You can't change everything!"	
3. Find the one thing - "When you find your niche no one can talk you out of it!"	
III. Turn Your Passion into Action: How to create a 5-year life action-plan.....	54
1. A Quick Review	
2. What is a Life Plan?	
3. Building Your Life Plan	
About the Author.....	59

-DISCOVERY-

Building Confidence Is Foundational

The purpose of life is a life of purpose.

- Robert Byrne

Thoughts on Identity & Self-worth:

**I'm beautiful in my way, 'cause God
makes no mistakes, I'm on the
right track baby, I was Born
This Way.**

-Lady Gaga, Dec. 31st Tweet

If you want to be somebody, somebody
really special, be yourself.

~ unknown

- Life Coaching for Teens -

Building **Confidence** - Developing **Character** - Living **Courageously**

I. INDIVIDUALITY: There's no one else exactly like me

Of the 6 billion people in the world there is no one exactly alike. Some people may look alike, but if you examine each person more closely, you will find differences in physical appearance, personality, intellectual ability and many other areas; even biological twins are not exactly alike. This is the mystery of diversity. As an individual, you are very unique, injected with many qualities attributed only to you. This is what I call "individuality".

Let's look at the following list of possibilities:

1. **Genetics:** Height, weight, size, hair, eye and skin color, facial and body features.
2. **Personal History:** Culture, family traditions; personal likes and dislikes, etc.
3. **Emotional / Social Makeup:** Temperaments; shy, overt, talkative, quiet, dominating, optimistic v. pessimistic, friendly, etc.
4. **Mental Ability:** Aptitudes levels in math, reading, writing, science, etc.
5. **Talents:** Athletics, music, arts, communication, dance, technology, etc.
6. **Belief Systems:** Jewish, Christian, Muslim, Hindi, Atheist, no preference, etc.

This list is not comprehensive by any means, but it will suffice for now:

Activation Exercise: Create your "collage" profile. Use several magazines, cutting out pictures, letters, phrases, etc. when combined tell a story about you; your likes and dislikes, personality, beliefs, etc. Here's an example:



- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

I. IDENTITY: If no one else is exactly like me, then who am I?

Here are some unique facts about the importance of personal identity:

- No one has the same *fingerprints*.
- No one has the same *DNA code* (Our genetic coding, which dictates our unique qualities).
- No one has the same *eye retina configurations*.

Yet all these areas have something in common. Let's examine each one in more detail.

Fingerprints

Fingerprints were used early in history. For instance, early history shows Babylonia and China using fingerprints during business transactions and on clay seals. Why? To authenticate a person's identity. However, an interesting story emerged late in the 19th century when law enforcement officials tried to distinguish two identical crime suspects. Here's the story:

Around 1870, French anthropologist Alphonse Bertillon devised a system to measure and record the dimensions of certain bony parts of the body. These measurements were reduced to a formula, which theoretically, would apply only to one person and would not change during his/her adult life. The Bertillon System was generally accepted for thirty years. But it never recovered from the events of 1903, when a man named Will West was sentenced to the U.S. Penitentiary at Leavenworth, Kansas. It was discovered that there was already a prisoner at the penitentiary at the time, whose Bertillon measurements were nearly the same, and his name was William West. Upon investigation, there were indeed two men who looked exactly alike. Their names were Will and William West respectively. Their Bertillon measurements were close enough to identify them as the same person. However, a fingerprint comparison quickly and correctly identified them as two different people.¹



This unique story proved that no two sets of fingerprints are the same. Since then law enforcement officials and other agencies have successfully used fingerprints as a way to identify crime suspects, criminals, and missing persons. Today, fingerprints are used to conduct background checks on employees who work with children, and those working in sensitive areas of government.

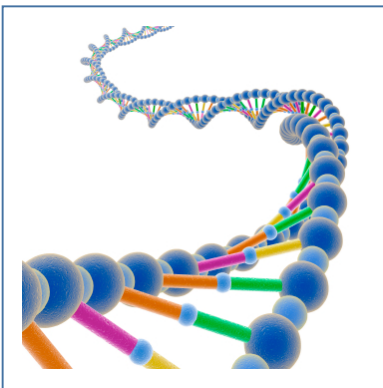
¹ The History of Fingerprints: Why Fingerprint Identification? Article updated Nov. 23rd 2009. <http://www.onin.com/fp/fphistory.html>, accessed on 11.30.09.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

D.N.A.

Blood or other human fluid samplings are taken from crime scenes, suspects and crime victims alike, to determine if a person was actually at the crime scene. This type of identification was popularized by the television drama series known as CSI (Crime Scene Investigation). In this drama series CSI team members converge upon a crime scene collecting blood samples for evidence or taking swabs of saliva from a suspect's mouth. These samples are then analyzed at the crime lab to determine the perpetrator's identity. A real life story reveals:



Using DNA to catch criminals has become common, but police in Denver, Colorado, this year demonstrated how the practice can be taken to a new level. Police tracked down a suspect not through his DNA, but through that of his brother. Here's how it happened:

The Denver district attorney's office said: In February 2008, two cars were broken into. Police found blood at both scenes and ran the samples through DNA databases but couldn't find a match. Then, as part of a study being conducted by the district attorney's office, investigators used new software to see whether the DNA in the blood was close enough to potentially be from a family member of someone in the criminal DNA database. The software came up with six potential matches. Five didn't pan out, but one led police to a convicted car thief and, ultimately, to that man's brother, Luis Jaimes-Tinajero.²

Can you imagine, among the 6 billion people who currently live on this planet, no one has the same DNA? In other words, you won't find two individuals whose DNA strands are exactly alike.

What does **DNA** say about you as an individual?

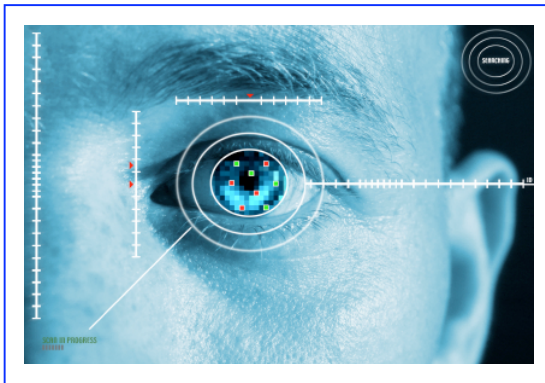
What does it say about your humanity in general?

² Spellman, Jim. Using relative's DNA cracks crime, but privacy questions raised. November 19th, 2009. CNN Challenge. Online: <http://www.cnn.com/2009/CRIME/11/17/colorado.family.dna/index.html>, accessed November 30, 2009.

- Life Coaching for Teens - Building Confidence - Developing Character - Living Courageously

Biometric Identification (Eye scans)

Another popular identification device is known as Biometric Identification (most notably known as retinal scanning), which is used to identify individuals by examining their eyeballs. I was made more aware of this process during the movie *Minority Report* with Tom Cruise acting as Chief John Anderton. The movie projects how law enforcement will apprehend “would-be” criminals in the year 2051. At one point in the movie, as John is avoiding capture, he encounters retinal billboard scanners, which upon detecting his eyes can speak directly to him. In the article *Does Minority Report Portray a Scary Future*, author Jack Aaronson explains it this way:



For those who haven't seen the movie, the relevant part for this article is the depiction of electronic billboards and displays. Using a retinal scanner, the billboards (such as those on the walls of a subway) call out the name of the passerby. One ad, for American Express, shows the passerby's name on an American Express card, with the “Member Since” field dynamically updated to reflect that person's membership. A Guinness ad speaks to Tom Cruise's character as he walks by, saying, “Hey, John, you look like you could use a Guinness!” The most interesting

example, however, is when Cruise's character walks into a Gap store. The ad welcomes him back and asks if he enjoyed the shirts he previously purchased.³

At one point in the movie Tom Cruise, acting as Chief John Anderton, has surgery to change his eyeballs to avoid detection by these public scanners. The point I'm making is that retinal scans are becoming widely used but most importantly these scans prove that you are a unique, one of a kind individual.

Have you ever examined your own eyes, and thought about how unique you are as an individual?

³ Aaronson, Jack. *Does Minority Report Portray a Scary Future*. ClickZ; News and Expert Advice for the Digital Marketer. July 11th 2002. Online: <http://www.clickz.com/1383161>, accessed on 11.30.09

- Life Coaching for Teens - **Building Confidence - Developing Character - Living Courageously**

So you see, even the most intricate human attributes show conclusive evidence that no two individuals are exactly alike. These tests prove that each one of us is unique and special; one of a kind.

Identity is the most important concept for teens to grasp. If a person doesn't know who he or she is, they won't be able to access the totality of life. Identity is defined by Dictionary.com "as the condition of being oneself, not another." But how can one "be oneself"? Angst and frustration builds among teenagers when they don't take the time to know themselves. Benjamin Franklin, the wisest Founding Father, once said, *"There are three things extremely hard: steel, a diamond, and to know one's self."* When teenagers don't take the time to go deeper within, they begin to find a model or a hero to emulate. When none exists, these impressionable teenagers seek out the wrong role models to follow and fall into despair and depression.

Crucial Questions:

So then, why is it so difficult to bring people to a place of self-discovery?

What happens when a person disengages from the process of self-discovery?

- Life Coaching for Teens - **Building Confidence - Developing Character - Living Courageously**

Why is it so hard to look deeper within?

Humans are mysterious creatures. I heard a motivational speaker once say, “**We are 40% undiscovered.**” After pondering this speaker’s phrase for a period of time I concluded, “If we are 40% undiscovered, then we are only partially known; we are a living mystery, just waiting to be unveiled.” A mystery is something that is hidden much like an earthen treasure hidden deep within the ground. Treasure hunters may have a clue where the treasure is, but they have to dig around to discover this precious reserve. Dag Hammarskjöld sums up the search for identity this way, “**The longest journey of any person is the journey inward.**”

Are you ready to search deeper within? What will it take for you to go deeper within yourself?

Our identity unfolds before us as we learn about ourselves in the context of our interaction with others, the world around us, and our higher power. What does this mean? It means that you and I are on a continuous journey of self-discovery; it’s the greatest, uncharted territory known to mankind – searching for the other 40%. The following story exemplifies this notion:

Where’s the Rest of Me?

In 1965, after a successful career as a Hollywood actor Ronald Reagan wrote a book called *Where’s the Rest of Me?* At the time he was dissatisfied with his life and knew he had not lived up to his full potential; something was missing. Reagan was searching for another part of himself, but didn’t know what it was. After successfully speaking on public circuits concerning politics and the proper role of government, Ronald Reagan was urged by a group of businessmen to run for governor of California. He did, winning two four-year terms. However, it was in 1980 where full convergence finally set in for the 69 year-old. In the fall of 1980, he became the 40th president of the United States of America, serving two, four-year terms from 1981–1989. He is credited today for many things. For one, he stood strong against a powerful enemy, thus, ending the Cold War between the United States and the Soviet Union. If Reagan had not taken the time to search deeper within himself, he probably wouldn’t have ran for President, and the Eastern countries of Europe would not know freedom today.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

II. Purpose: Why am I here?

It's dangerous not knowing the "why" of your life

The "why" gives you and I a reason for living and experiencing life. When we don't know the "why" we live life aimlessly; we miss our target. It's the "why" that gives your life purpose, meaning and significance. Significance is critical at a young age. Significance is having a sense of self-awareness, an appreciation and valuing self. Significance gives you purpose, and purpose is the energy confidently propelling you forward in life. When you feel insignificant you have no reason to move forward with your life. I have personally seen, heard and read about many young people who give up on life because their life is void of meaning; they have no real significance.

Suicide is the third leading cause of death today among teenagers; male teens are four times more likely than female teens to commit suicide. Suicide victims are "crying for help" but don't know where to go for help. Why? One of the reasons is many teens feel hopeless without a true understanding of "who" they are, and "why" they exist. A desperate "cry for help" can sound like, "Hey, here I am! Would someone pay attention to me?" If this is your cry, you are not alone. I have provided three key answers to common questions to help teenagers get started.

Three Key Answers to Jump-Start Teens:

1. You are here to solve a problem and make a difference

Read and think about this next sentence for a moment: Everything that is created solves a problem. For example:

- **Eyeglasses** were created to solve poor vision; to increase and improve visual perception. Eyeglasses have certainly made a significant impact among those with poor vision.
- A **belt** was created to solve another problem; to tie things together in the waist area.
- A **car** was created to improve transportation; to get you somewhere a lot faster than a horse and buggy.

- Life Coaching for Teens -

Building Confidence - **Developing Character** - **Living Courageously**

Can you list three other examples on the lines below?

a. _____ was created to solve _____.

b. _____ was created to improve _____.

c. _____ was created to _____.

Perhaps you were created to solve a problem like...

- To end acne.
- To find a cure for AIDS.
- To end human trafficking.
- To negotiate peace in the Middle East.
- To decrease the High School dropout rate.
- To create a new technology curtailing pollution.
- To solve the problem of homelessness and hunger around the world.

What problem do you think you were born to solve?

- Life Coaching for Teens -

Building **Confidence** - Developing **Character** - Living **Courageously**

2. You're here to influence people and shape history

You are also here to influence and shape history in some significant way. In other words, you have the potential to change something major that can shift the way people think and live. You can be a history maker in your own neighborhood, High School, community; a citywide or a national hero, or to even accomplish something substantial in the global arena.

Can you list three people who have made a significant impact in recent history?

Person's Name:

Their contribution:

Mark Zuckerberg

FACEBOOK

<<< Example

a. _____

b. _____

c. _____

What would you like to be known for after a long life?

What are you known for among your friends? Your family?

What did you learn from the previous question?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

3. Most importantly you are here to be fully disclosed to the world

Let me remind you, according to the motivational speaker I mentioned earlier, “You are 40% unknown.” That is a significant percentage. Life would be boring if we knew everything. There is so much more to know about you as an individual. In other words, you are not fully known yet, but you can be known. This is why I wrote this Life Coaching for Teens workbook, to help you realize important, yet unknown aspects of your personal identity.

List two things you can do to learn more about the other 40% of you?

-DEVELOPMENT-

Developing **Character Is Fundamental**

**Life is full to the brim with opportunities for good and evil, our
character determines which way we go.**

- Tim Erwin, Ph.D.

- Life Coaching for Teens -

Building **Confidence** - Developing **Character** - Living **Courageously**

I. Developing Character: Virtue is Everything!

“We do not act rightly because we have virtue or excellence, but we rather have [virtue] because we have acted rightly.” –Aristotle

Virtue is one of those words you and I don't hear very often in the mainstream vocabulary. Virtue is conforming one's life and conduct to moral or ethical principles. Moreover, virtue means moral excellence, uprightness and goodness.⁴ Virtuous people are known for their conduct, character, and life of integrity. A virtuous person seeks after the highest moral qualities to live his or her life by. This is also true about “history makers.” Would you like to be a world changer? If so, what does it take to make a big impact in this world?

World Changers Embraced Virtue

1. George Washington – The Virtuous General

George Washington, our nation's first president, wrote a booklet discussing his own personal virtues he shaped his life by. The booklet is called *Washington's Rules of Civility & Decent Behavior in Company and Conversation*, which lists 110 personal virtues. Here's an excerpt of three of them (The version in parenthesis is my updated version or interpretation):⁵

Rule #22 – Show not yourself glad at the misfortune of another, though he were your enemy. (Don't be happy over someone's hard or bad luck, even if it's your enemy.)

Rule #82 – Undertake not what you can't perform, but be careful to keep your promise. (Don't over commit to something you can't possibly keep or complete; if you do promise something make sure you do your best to keep your promise.)

Rule #101 – Rinse not your mouth in the presence of others. (Don't spit in front of people.)

⁴ <http://dictionary.reference.com/browse/virtue>, accessed October 28, 2009.

⁵ Washington, George (1988) *George Washington's Rules of Civility & Decent Behavior in Company and Conversation*. Applewood Books. Bedford, MA.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

George Washington was a gentleman, even toward his enemies. His reputation was second to none. No wonder he became the most significant figure of the 18th century.

Write Your Own "Rules of Civility and Decent Behavior"

I want to live my life by...

1. _____

2. _____

3. _____

II. The Top 12 Virtues for Teens

There are many virtues worth adopting - some virtues are more desirable than others. Therefore, you must seek out the virtues that will affect positive changes in your life. After extensive research I came up with the **Top 12 Virtues for Teens**. This list wasn't easy to come by. I amended these virtues many times. Finally, I sought out the wisdom of friends and family and messaged all of them on Facebook about virtues they deemed important. I received great feedback from those who responded. So before we get started I want to make a full proof guarantee. If you take the time to read, study and practice the following twelve virtues, you will succeed in life. On the flip side, if you decide to reject them, you will find yourself living a mediocre life, and most importantly, you will live your life without a character ready to surmount the odds and achieve great exploits.

What virtues do you think you currently possess?

What two virtues does your father possess that are important to you?

- Life Coaching for Teens -
Building Confidence - Developing Character - Living Courageously

The Primary Virtue

Love (Respect & Honor)

Overlooking the faults of others and building influence

*“When love is our highest priority we foster respect in our relationships
and honoring becomes a way of life.”*

Cathy D. Polyak, 2nd Grade Teacher – International Christian Academy, Las Vegas,
Nevada

A. Love overlooks people’s faults

It’s very easy to see the faults in other people. We don’t have to look very long and hard to find them. However, the love I’m referring to looks at people much differently. Love considers a person’s best qualities, while overlooking his or her faults. Love looks much deeper within a person to find the hidden gems deep within a person. Love aims to edify others, which makes a person feel more confident and secure. Love does not destroy or rip others apart. Author and beloved motivational speaker Leo Buscaglia notes, *“Love always creates, it never destroys.”*⁶

Are your relationships getting better or worse? why?

When you gossip about another person, is that “creating” a relationship or “destroying” one?

B. Loving others unconditionally builds influence

Teenagers are known to be self-centered, meaning they are more into shaping their own self-image than thinking about others. However, love prioritizes others and puts their interest before your own. This happens when we love others unconditionally. What does it mean, “to love unconditionally”? It means that you don’t put “conditions” on your relationships. A condition

⁶ Leo Buscaglia Quotes: http://www.brainyquote.com/quotes/authors/l/leo_buscaglia.html, accessed December 4, 2009.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

would be something like, "If you're nice to me, I'll be nice to you." Love doesn't work that way. Love works this way: You love others regardless of how they treat you.

It's easy to love those who love you, but the true test comes when you love your enemies, those who don't like you and speak evil of you. Another great truth from Leo Buscaglia reveals, "**Love is always bestowed as a gift - freely, willingly and without expectation. We don't love to be loved; we love to love.**"⁷ How do we build influence with others? You and I build influence by giving love away freely, eliminating any pre-conditions; we accept people as they are.

How much influence do you think you have with your peers?

Do they follow your lead or do you follow their lead?

C. The Golden Rule still rules

The Golden Rule simply says, "**Treat others the way you would like to be treated.**" Ask and answer this question: How do you want to be treated by others? Do you want others to say mean things behind your back? Do you want others to gossip and say untrue things about you? The Golden Rule becomes the "broken rule" when you and I fail to love and accept others the way they are. Living by the Golden Rule means you treat people the way you would like to be treated, although others may still speak evil of you and mistreat you. It takes courage to live by the Golden Rule. It's not easy to love others who do not return the favor. This is why I list love as the primary virtue, because if you can master this principle you can master relationships, which are a key to your life and leadership.

Where do you find the Golden Rule?

What does the Golden Rule mean to you?

⁷ Ibid.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

Four Dimensions of Love:

The Greeks created most of the language we speak and know today. Their words are more direct and specific than our use today. For instance, the word “love” was used to denote four specific feelings or behaviors:

1. **Storge** is the love and affection we share with another person, also known as hero worship. For example: “I love Justin Bieber!” You may have never met Justin but you “love” him.

2. **Philia** is the love you show to your friends, family and neighbors; it’s known as brotherly love.

3. **Eros** is a passionate love equated with sensual desire, a deep longing for someone. It’s important to note that it is not always sexual in nature. It can apply to dating relationships as well as marriage.

4. **Agape** is a sacrificial, unselfish and unconditional love for others. You give it away as a gift even if the receiver does not reciprocate the love in return. God loves us in this way.

Which one above would you consider the “most excellent” way to love others?

The Second Virtue

Honesty

The ultimate character test

“Honesty is the first chapter of the book of wisdom.”

Thomas Jefferson, Author of the Declaration of Independence,
American Founding Father, and the 3rd President of the United States

A. Honesty is being transparent with your self and others

Have you ever seen a clear body of water like a swimming pool, a stream of water, a river or a lake? You know, where the water is so clean that you can see right through to the bottom floor? Being honest is very much like that analogy. Honesty is being transparent with the truth. When you're honest, others should be able to see right through you, like a transparent body of water. On the flip side, when you are dishonest, others can discern something is wrong with what you're saying. In the Justice system, witnesses swear in by putting their hand on a Bible, raising their right hand and taking a solemn oath. By doing this they are declaring under oath they will tell the truth to the best of their ability. However, when most witnesses are cross-examined sometimes there are distortions in their testimony. Lawyers are skilled in the technique of catching someone with an inconsistent fact. In other words, when they are lying under oath. People knowledgeable in non-verbal communication can detect a liar as well as a polygraph.

Which of the two, telling a lie or telling the truth, do you find easier to do? Why?

Have you ever been caught “telling a lie”? How did it feel when you got caught?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

B. Honesty builds trust

When you show a consistent record of honesty, you begin to build trust with others. Trust is worth a person's weight in gold. Trust means that others believe in you. When someone trusts you they don't have to look over their shoulder all the time to keep an eye on you, and when something bad happens you are not "suspect" because your track record is built on trust. Character and trust are synonymous.

Can you build trust and keep it?

What will it take to keep trust?

C. Honesty is the "ultimate character" test

Honesty is coming to grips with reality. When we want to look good we lie to keep a front going. In 2009 a famous golfer wrecked his car outside his home at 2:30 in the morning. Many people wondered why he crashed within yards from his house. To keep his good image with the media and the public, he refused to speak to the police who wanted to know what happened the night of the crash. Many thought this person got into an argument with his wife over an alleged affair with another woman. It was later determined he was covering up several affairs. You can't hide from the truth. Sooner or later your life's actions will be exposed. This is why honesty is the ultimate character test. When we live honestly we don't have to cover up anything.

What makes people continue living in a lie?

How long will it take for "this" person to gain the trust of his wife once again?

The Third Virtue

Purity

Staying “green” in a polluted world

*“Our culture desires intimacy without responsibility and
pleasure without commitment.”*

Kris Vallotton, Author of the book *Purity*

A. Staying green in a polluted world

It’s interesting how people take up such causes as eliminating the effects of pollution from our environment, “Saving the Whale”, and eradicating worldwide poverty. It seems we are willing to do anything to keep our ecology free from contamination but we dishonor the most important part of our lives, our body, by consuming drugs, smoking and other things. There’s an inconsistency here. Purity is about making a choice to stay “green” by keeping harmful contaminants out of your body. (By “green” I mean staying pure from things that can harm your body).

Do you smoke, drink alcohol or take pills, drugs? If so, why?

Do you know someone who has died as a direct result of an overdose, or a car accident, while driving under the influence?

What can you do to stay “green” in a polluted world?

The Fourth Virtue

Discipline

Staying on task and achieving your goals

***“Self-discipline is that which truly and essentially
raises one man above another.”***

Joseph Addison (1672–1719) Politician and Magazine Founder

A. Learning minimizes mistakes

I remember telling a young man one day, *“If you don’t discipline your life, others will discipline your life for you”*; by “others” I meant “law enforcement.” Sure enough this young man got into some trouble with the law and was taken to the local detention center. He learned his lesson the hard way. You don’t have to learn this way. Discipline is a determined and focused way of learning. Discipline helps you learn the right things before making the mistakes you will regret later in life. The meaning of the word discipline is “instruction given to a *disciple* (a student or pupil)”. Later the word evolved to mean the “treatment that corrects or punishes.”⁸ So if we don’t learn to live the right way up front – we will end up learning the hard way on the back end. You want to avoid the latter.

Do you know someone who seems to be in trouble with the law all the time? What attitudes does this person reflect?

⁸ Online Etymology Dictionary. *Discipline*:
<http://www.etymonline.com/index.php?search=discipline&searchmode=term>, accessed December 1, 2009.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

B. Discipline helps you stay on task and achieve your goals

It's so easy to get distracted by friends, school events and social activities. There is nothing wrong with participating in these events. There is a time for fun and a time for getting projects done. Discipline helps you stay on task by concentrating and prioritizing on the most important things in your life. Discipline also helps you set goals, and develop a focus so you can complete your goals on time. A concentrated focus is simply keying in on your goal; putting it front and center until you have achieved your objective. Once you have established a target or a goal for your life, your next job is to make it happen through a disciplined life.

Can you list an important short and long-term goal you have for your life?

Short-term goal:

Long-term goal:

When do you expect your long-term goal to be completed? List a date:

What will it take to get it done? List three strategy points for goal completion:

1. _____

2. _____

3. _____

In your three-point strategy, did you consider getting advice from someone you trust?

The Fifth Virtue

Financial Responsibility

Mastering money so it doesn't master you

***“Wealth may be an excellent thing, for it means power, and it means
leisure, it means liberty.”***

James Russell Lowell (1819 -1891) - American Poet, Editor and Diplomat

A. Money is a manageable resource

How do you view money? As soon as you acquire money, does it seem to disappear? There is no such thing as a “money tree”. Your parents may not have vast sums of it to give away at your every whim. Therefore, you must learn to make money work for you.

Look up the word **frugal**, what does it mean?

Are you frugal? If not, why?

Do you really need “brand name” clothing?

B. If you can handle a small amount of money, you can be trusted with more

A father once gave his son this sage advice, “Son, if you watch your pennies you won't have to worry about your dollars.” This advice is the essence of financial responsibility. It means, “If you care enough about the change in your pocket then the paper in your wallet will take care of itself.” The small things matter when managing your money.

Does change (pennies, nickels, dimes and quarters) have any value to you?

The Sixth Virtue

Generosity

The signature of a satisfied heart

“We make a living by what we get, but we make a life by what we give.”

Winston Churchill (1874-1965) Prime Minister of the United Kingdom

A. Living life with an open heart

The Greek meaning of the word “generosity” actually means “openness of heart.”⁹ An open heart is the gateway to generosity even when you have a large amount or limited funds. Jim Rohn notes, *“Nothing teaches character better than generosity.”*

Think about a generous person; what kind of attitude do they seem to have?

One of my favorite Christmas classics of all time has to be *A Christmas Carol* by Charles Dickens. The story is about an elderly man who has been disappointed and hurt in life. This hurt led him to close his heart up to others and became stingy with his money. When our hearts are cold and closed our generosity freezes up. The purpose of the ghost of Christmas past and present were to show him the events of his life, and the choices that led to his current condition. In time his eyes were opened and he began to understand his life.

Do you spend all the money you receive on yourself?

Is there a charity, a giving organization, in your city you would want to volunteer at?

What’s the feeling you receive when you give to others?

⁹ Blue Letter Bible. "Dictionary and Word Search for *haplotēs* (Strong's 572)". Blue Letter Bible. 1996-2009. 30 Nov 2009. < [http:// www.blueletterbible.org/lang/lexicon/lexicon.cfm? Strong=G572&t=NIV](http://www.blueletterbible.org/lang/lexicon/lexicon.cfm?Strong=G572&t=NIV) >

- Life Coaching for Teens -

Building Confidence - **Developing Character** - **Living Courageously**

B. The joy of giving

Let's go back to Charles Dickens' *A Christmas Carol*. After a visit from the ghost of Christmas future Scrooge's attitude changes drastically. Why? He was able to see his life at the end and did not like the look of it. Scrooge then becomes more generous with his money. It's too bad he had to wait to the end of his life to understand the joy of giving. You don't have to wait that long.

Did you read the book or see the 3-D movie? (Activation exercise: If you have not seen the movie, I recommend you rent and watch it.)

Now that you saw the movie, what has changed in the way you view generosity?

C. Excess has a purpose

What should millionaires do with their excess? Once you have everything, do you really need more? The purpose of wealth is to manage it well; the other part of being a wealthy is to give it away (generosity) to supply and aid charitable organizations with a proven track record of helping the needy. In 2006 Warren Buffet gave 30 billion dollars [of his own personal fortune] to the Bill Gates Foundation, an organization dedicated to funding education and health relief programs around the world. Guess what? At the time Warren Buffett ranked third in the world with an estimated net worth of \$52 billion dollars. Despite his fortune, he lives quite modestly on his salary of \$100,000 per year.

What is the purpose of wealth?

From your perspective or experience, who has been a generous person?

The Seventh Virtue

Courage

Standing strong in the midst of fear and doubt

“Courage is fear holding on a minute longer.”

George S. Patton - Four Star General, World War II

A. Courageous people have strong convictions

Who is the most courageous person you know? From your viewpoint, what makes this person courageous? In my opinion, a courageous person has strong convictions (strong beliefs and values about life, injustice and doing things right). When something bad happens, which violates a person’s values, a courageous person takes action to correct them. List three personal convictions you have:

1. _____

2. _____

3. _____

Give an example where you’ve defended your convictions:

At any time, did you feel any fear?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

B. Courageous people communicate their convictions

It's one thing to have convictions and another to communicate those convictions to make a difference. A courageous person speaks their mind regardless of public opinion, even if they stand-alone. Less than courageous individuals would rather appease the crowd so they side with them, even when they know the crowd is wrong. Some convictions have a moral foundation. Others don't. You have to discern which side is worth standing up for.

Can you think of a situation where you or someone else had the courage to go against the crowd?

What was the outcome?

C. Courageous people stand their ground during a time of challenge and adversity

When a courageous person stands for something they value, often times they will be opposed and criticized severely. A courageous person stands their ground regardless of the opposition. The most notable courageous act of recent memory occurred in April 1999 at what is known today as the Columbine High School shootings. In this blood massacre, a gun was held to a young girl's head, and she was asked to renounce her faith in God. What happened next? She didn't waiver in her convictions. Instead, she stood her ground. As a result of standing her ground, she was murdered by a senseless killer. This girl's name was Cassie Bernall. She was a Christian and did not waiver in her convictions.

What makes people like Cassie Bernall stand their ground?

The Eighth Virtue

Perseverance

Refusing to quit – Expecting to win!

“By perseverance the snail reached the ark.”

Charles H. Spurgeon, famous 19th Century Baptist Preacher

A. Overcoming unforeseen challenges and adversity

I’m not trying to be a “downer” when I make this statement, but it’s true: In life, you will face adversity and many unforeseen challenges. Life is not perfect. In December of 2010, the national unemployment rate peaked at 9.8% of the population. This hadn’t happened to our country’s economy for a long time. This is a time when many people are losing their jobs, even their homes. Many people are being forced to move to places where the job market is more sustainable. In a time of great challenge, *perseverance* becomes a valuable virtue. In my own view, *perseverance* is a word meaning, “Staying in a place long enough to get the results you want to see.”

As a teen, what are some challenges you are currently facing?

What are your plans to overcome these challenge(s), and remain steadfast in the same place?

Do you believe if you ignore your challenges they will simply go away?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

B. Perseverance allows you to move through adversity

Learning to endure hardships is known as *perseverance*. Perseverance is the attitude of a finisher. In reality, "adversity" refines and chisels a new and sustaining character within you. Adversity also reveals what is required to make it to the other side by pinpointing attitudes and old ways of thinking, which now are obsolete, requiring new thinking and doing. Once you see what you are lacking you can make the necessary adjustments to change your attitude, and adopt new thinking and behavior.

What do you need to keep going until you see a breakthrough in your life?

Do you have examples in your life of a family member, a neighbor, or a friend who went through a big challenge? What were some qualities you saw in them?

What does this saying mean to you? "When things get tough, the tough get going."

C. Winners keep moving and expect to win!

In the end, winners expect to win. Have you ever played a sport like football, or soccer, or ran in a long distance race. These games require athletes to build stamina and endurance. A winner is someone in a competition who is behind in the score but continues to give 100% until the end. Many times, when athletes or teams adopt this attitude to the end, they somehow make a comeback and win the game. In the end, when you hold on a little longer, you begin to change your situation.

Can you explain a moment when things were really bad but you hung on, and got what you wanted?

What's the difference between "losing" and "giving up"?

Losing is...

Giving up means...

If winners expect to win, are you a winner?

The Ninth Virtue

Being Introspective

Gaining clarity and perspective through silence and solitude

“Never be afraid to sit awhile and think.”

Lorraine Hansberry (1930-1965) – Author, *A Raisin in the Sun*

A. Introspection helps you take personal inventory

The definition of the word introspection is an “observation or examination of one’s own mental and emotional state, mental processes, etc.; the act of looking within oneself.”¹⁰ (I want to preface this section by saying: Introspection doesn’t mean that you don’t allow others to speak to “inspect” your life. We need to give mentors and others access to our life.) The first part of introspection is taking inventory (self-evaluation) of your life by asking yourself tough questions concerning your speech, actions and treatment of others throughout your day. It’s about retracing the steps of your life to take inventory of whether you’ve done things well or not so well. The second part of introspection is self-correcting (making things right) so you don’t make the same mistakes again. Let’s practice:

Activation #1: Find a quiet place in your room, and take 20 minutes (without any distractions, like loud music or your cell phone) to tap into your inner self. Think about your words and actions throughout the day. Consider these questions during your time of quiet contemplation:

- Could you have prepared a little better for your test? If so, how will you study differently next time?
- Did I say something to someone that was hurtful or insensitive?
- Was I the best version of myself today?
- Is there an area in my character or life I can improve in?

¹⁰ Introspection: <http://dictionary.reference.com/browse/introspection>, accessed December 2, 2009.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

B. Introspection provokes new thinking and stimulates creativity

Have you ever been alone with just you and your thoughts? It's important to take time to be alone, to provoke new thoughts. In our Western civilization we are not trained to sit still, to think and meditate. Religious and cultural differences in the Middle East and Far East make introspection (meditation) a fundamental and daily exercise. It's okay to take time to reflect, think and mediate. To provoke new thinking and become creative takes 20 to 30 minutes a day of rest and reflection, in total silence.

What other word can you spell using the letters the word **SILENT**: _____

Is there a relationship between these two words?

In Western culture, we are improperly trained to pause, contemplate, think and meditate. Western culture prefers "noise" instead of silence. Take a moment to assess your day:

Introspection Assessment

Answer the following questions with the number 1, 2, 3 or 4 next to the question that corresponds with your answer: 1 – Not at all 2 – Rarely 3 – Occasionally 4 – Often

- _____ Do you listen to the radio or music when you are getting ready for school?
- _____ Do you listen to music on your iPod during your down time?
- _____ How often do you talk, text your friends, or play games on your cell phone when you're alone?
- _____ How often do you spend time watching television in the evenings?
- _____ How often in a day you spend time playing video games?
- _____ When you read a book do you have music pumping into your ears?

Add your total score above here: _____

20 and above: You do not have much time to rest your mind and think.

15 – 20: You need more discipline with your time.

9 – 14: You have some time to rest and reflect; but do you take time to think?

6 – 8: You have plenty of time to rest and reflect upon important things in life.

- Life Coaching for Teens - **Building Confidence - Developing Character - Living Courageously**

Being introspective unclogs the mind and allows you to think clearer about the choices confronting you each day. When this happens, you become better at decision-making. Clarity is what teenagers need. I have personally met many teenagers who did not have much direction in their life. One of the reasons for this is that they did not take the time to think; to search out the deepest places of their heart and soul.

Do you have any direction in life? In other words, do you know where you're going?

Where do you see yourself in 5 years, even 10 years down the road?

Other Notes:

The Tenth Virtue

Wisdom

Navigating successfully through life's challenges and social situations

“Wisdom is the principal thing. Therefore, get wisdom.”

King Solomon – The Wisest Man of All Time

A. Two dimensions of wisdom

The ancient Greeks loved wisdom. In ancient Athens a group of them would gather on top of Mars Hills to talk about the latest news. It wasn't the latest gossip they were after, but the latest fad or idea. They continually sought after new wisdom and knowledge. Wisdom comes from the Greek word *Sophia*, which has both a horizontal and vertical dimension. Horizontal wisdom is “old” wisdom passed down from years of making mistakes and learning from life's teachings. For the Greeks, vertical wisdom came from the gods above. The Greeks had many gods and believed these gods possessed a superior wisdom than humans. At times the Greeks made appeals for wisdom to their “higher power.” Therefore, tapping into wisdom's two dimensions helps you to navigate through life's challenges with an upper hand. When you find yourself at the crossroads of life (a crossroad is a place where critical life decisions are made) you need to tap into the two dimensions of wisdom.

What are the most important nuggets of truths (horizontal wisdom) you have learned from life experience or someone else?

What is the most profound “vertical wisdom” (Revelation; sudden insight from a spiritual source) you have received from your “higher power”?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

B. Wisdom helps you make prudent choices

Prudence is the ability to judge people and situations properly. It helps you make the best choices for your life. Wisdom comes into play when your choice intersects with a critical life situation.

Activation Exercise: Let's say a few friends ask you over to study for a major Biology test, but when you arrive they have other plans. Their plans don't fit your agenda because you need to pass this class. You can choose to go with the crowd and suffer the consequences the next day or have the wisdom to study alone at home because you care too much about your grades. You have to make a tough choice, what do you do?

Ask yourself:

Did I have prior knowledge that large study groups usually don't work out?

Now, when you arrive and the agenda changes in another direction, like calling boys on the phone, getting on Facebook, etc. Do you have the guts to bring it back to its original intent or do you have the courage to leave the group and study on your own at home?

What would you do in this situation?

If you leave the study group, do you fear what your friends will say about you?

Is their opinion for the moment greater in importance than your future?

The Eleventh Virtue

Foresight

Perceiving and interpreting the emerging future for good decision-making

“You can observe a lot just by watching.”

Yogi Berra – Played for the New York Yankees & Hall of Fame Baseball Player

A. Perceiving and interpreting your immediate environment

The most important feature of foresight is the ability to read your environment, extract and interpret the critical facts to help you make good decisions, placing you in an advantageous position. The other two virtues associated with foresight are: **introspection** (Virtue #9), which helps you gain clarity about life issues, and **wisdom** (Virtue #10), which allows you to access and apply the right insight to a situation you are facing. Only gullible people are led astray in the moment. Since the gullible are unable to read certain dangers ahead, they keep going, and suffer the consequences.

Exercise: Let’s take an analogy from driving a car. Good drivers practice foresight. They just don’t stare at the taillights of the car in front of them. Good drivers have a 360 view; a constant view in front, to their right and the left, and a rear view. A 360 view of life is what foresight is all about.

What’s the difference between an “offensive driver” and a “defensive driver”?

Do you approach your life from a 360 perspective?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

B. Learning to make strategic choices

I love strategy - you should too. In warfare, Generals usually stand high on a platform, much like a hill or mountaintop, to see the big picture of their army in conjunction with opposing forces. Usually, a General has a strategy going into the battlefield, but from a high vantage point, the General can make adjustments to his strategy to gain an advantage. In short, Military Generals, business people and other leaders require foresight to maintain an advantage.

Do you think of strategy before you start school in the Fall? Most of us start with good intentions –“I’m going to get good grades this year.” But halfway through the school year your good intentions are not panning out. Good intentions are not good enough. You need a strategy.

What will it take for you to get better grades this year?

My strategy includes:

1. _____

2. _____

3. _____

The Twelfth Virtue

Magnanimity

The king of all virtues: Self-mastery

“The weak can never forgive. Forgiveness is the attribute of the strong.”

Mohandas K. Gandhi (1869-1948) – Leader of Freedom

A. Staying free from offense

I call magnanimity the “king of all virtues.” The reason for this is that magnanimity is synonymous with self-mastery, self-control or self-governance. The essence of this word is “greatness of soul, high mindedness.”¹¹ Aristotle referred to it as being “great hearted.”¹² In a practical sense, being magnanimous is having the ability to weigh the outcome of our actions in the scope of what someone else does to provoke us. Let’s say someone calls you a bad name to your face for no reason. If you’re a magnanimous person you will not be easily provoked. Instead of retaliating in vengeance, you merely overlook that person’s immature actions. When you keep your cool, you prevent a volatile situation from escalating to something more serious. When you can do this, your character is superior in comparison to others who have a short fuse.

Have you ever restrained yourself from saying something stupid? What did it take to do that?

Have you ever walked away from a fight? Why?

Have you ever restrained yourself from doing something foolish that you would regret later on in life? Explain:

¹¹ Magnanimity: <http://www.etymonline.com/index.php?search=magnanimity&searchmode=term>, accessed on December 3, 2009.

¹² Ibid.

- Life Coaching for Teens -

Building Confidence - **Developing Character** - **Living Courageously**

B. Emotions: Taming the anger monster

Anger is an ugly monster. If left unmanaged it can be fatal to your reputation. The reason violence runs rampant on many school campuses is that most young people don't know how to manage the most powerful emotion of all; anger. Instead of settling an argument in a mature way by talking through the issues, weak-minded individuals provoke each other and would rather fight it out. The soul is the seat-bed of our feelings and emotions. Emotions can be so strong and get the best of us. So what's the solution? First, when something bad happens to you take a step back to think, to really think through about your actions. Think of the long-term consequences, not your immediate satisfaction. Second, be quick to forgive. In other words, let the offense go. The long-term ramifications of your actions won't be worth a quick fix solution. Most teens don't think of their life in its entirety, rather they think in the present moment. Young people need to know that a single mistake can ruin the rest of their life.

Is anger something you struggle with?

Do you like being around someone who loses his or her temper regularly?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

C. Forgiveness is true power

Forgiveness is the ability to let go of an offense, an injury or pain from a deep emotional wound.

This is not easy to do. To be magnanimous takes the accumulation of many virtues working together to make forgiveness a reality; some of these virtues are:

- **Love** – This is your fearless duty to forgive others freely.
- **Introspection** – This virtue produces the clarity into the situation you are trying to change.
- **Foresight** and **wisdom** will help you create a strategy to approach your situation and fix it.
- **Courage** will give you the will power to execute your strategy.
- **Magnanimity** is the ability to not allow petty issues ruin your reputation or the relationships you are attempting to create or restore.

Aristotle in the Nicomachean Ethics listed “greatness of soul,” or “magnanimity,” among the principal of moral virtues—as the “crown” of the virtues, in fact, without which the other moral virtues cannot properly exist.¹³ Being a magnanimous person makes you “king” over those who can’t manage their own character.

Summarize your thoughts on being a “magnanimous” person:

¹³ Lacaria, Christopher B. Universities cannot guarantee the moral worth of their graduates, Published 4/29/2009.

-DESTINY-

Living Courageously in the Future

Only when we are no longer afraid do we begin to live.

- Dorothy Thompson

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

I. Passion: Tapping into Your Energy Quotient

What energizes me?

How do you find your life's passion? First, let's define *passion*. The two tests of finding your passion:

Test #1: You discover "passion" when you find the "one thing" that energizes you.

Test #2: If something you do takes away or drains your energy, more than likely you're not living your passion.

Let's break down the word *passion* into these parts to determine its meaning. The definition of passion is revealed within the word itself. It's simple to see if you break down the word:

> Pass-I-On

Now, the scramble these words around:

> On-I-Pass

> I-Pass-On

> On-Pass-I

> Pass-On-I

> I-On-Pass

Some of the examples above may not make sense to you yet, but you will eventually get my point. In the word *passion* you have the essential building blocks to define the term. As you can see, the word *passion* means to continue forward, move onward, and to finish the race. Passion is when you believe in something so much that nothing can stop you.

The two pillars of passion are emotion (belief and feeling) mixed with motion (movement and advancement). When someone truly believes in something, they will take the necessary steps to make it happen. If you really believe in your cause then nothing can stop your passion, not even criticism, the naysayers or personal attacks. As a matter of fact, the true test of your passion comes when obstacles are placed in your way. These obstacles are meant to test your resolve and test your passion. A passionate person will not allow these obstacles to get in the way, but will continue to move forward fulfilling their dreams, goals and objectives.

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

A Gifts Assessment

1. Discover your innate gifts

Your innate gifts are those qualities, which were imbedded in you during the time you're formed in your mother's womb. The Gallup Organization has developed an online test called Strengths Themes. For example, one day my daughter while studying at a Southern California university, called me and said, "Daddy, I took a strengths based test and...." Before she could get another word out... I gently cut in and said, "Is it Gallup's StrengthsFinder test?" She exclaimed, "How did you know?" I told her, "I taught the subject in one of my leadership classes."

In this class, I had my students take an online test. We then spent a few weeks analyzing Gallup's 34 themes (A list of innate gifts)." I then took a leap of faith and made the following request, "I bet I can guess your top five gifts." She said, "No way!" Over the phone, one by one, I named all five of her gifts... astonished, she asked, "Oh my God, how did you know?" I quickly responded, "You're my daughter. I've seen you grow up in my house for the past 20 years." She was beside herself!

Her gifts are strongly oriented toward people, and she uses them quite effectively. Here's her sample:

- **Positivity** – This person has an enthusiasm that is contagious. They are upbeat and can get others excited about what they are going to do.
- **Activator** – They can make things happen by turning thoughts into action.
- **WOO** (Winning Others Over) – They love the challenge of meeting new people and winning them over. They derive satisfaction by "breaking the ice" and making a connection.
- **Communication** – This person finds it easy to put their thoughts into words; good conversationalists and presenters.
- **Empathy** – They can sense the feelings of other people by imagining themselves in their lives or situation.

My daughter is gifted with natural leadership skills. When she was a child I would tell her, "You're going to be the first female, Hispanic President of the United States." She was very

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

popular as a child and in High School; so popular she was elected to student government all four years. In her senior year, she was elected Student Body President of a large High School.

For a small fee go Online to http://www.strengthstest.com/theme_summary.php and take a 40-minute test to discover your innate gifts. The online assessment should reveal your top 5 innate gifts. Then add your top 5 gifts and their short definitions here:

1. _____ - _____

2. _____ - _____

3. _____ - _____

4. _____ - _____

5. _____ - _____

In your opinion, what professional occupation(s) do these gifts point to?

- Life Coaching for Teens -
Building Confidence - Developing Character - Living Courageously

Passion Assessment

a. Take a “Passion” Inventory

When you take a personal inventory of yourself (Remember virtue #9: Being Introspective).

What is it the one thing that occupies most of your thought life about your future? List your thoughts here:

Take a few moments to assess your passion(s). Write as many people or things you can think of in each section below.

My heroes are:

My favorite subject in school is:

My favorite things to watch on television are:

My favorite things to do are:

My favorite hobbies are:

My favorite activities are:

I’m really good at:

What do these findings reveal about you? **Summarize your thoughts here:**

- Life Coaching for Teens -

Building **Confidence** - Developing **Character** - Living **Courageously**

b. What do others say about you?

One important aspect of the passion test is what others say about you. People, most notably your parents, are very good at discerning your gifts and passions. It's the people you spend a lot of time with who can pinpoint with accuracy what your likes or dislikes are.

Activation: Ask several people this question: What do you see in me doing in life? (Note: Don't allow them to say, "You can be whatever you set your mind to.") Make sure they take a few moments to think about their answer so they can be more specific.

Mom or Dad: _____

Teacher: _____

Mentor: _____

Friend: _____

Other: _____

In your own words, what is the general consensus?

Put it all together: What do these assessments mean?

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

Harness Your Passion in the Right Direction

Once you find your passion, you must learn to divert it correctly. I know this advice sounds constraining at first, but it's actually for your benefit. For example, you have known someone who has a natural athletic gift, but for some reason plays a variety of sports; football in the Fall, basketball in the Winter, and baseball in the Spring. A person maybe a superior athlete in one sport, yet marginal in others. However, if they would concentrate on one sport, they could be extremely effective.

Let me give you an example, have you ever seen a mighty river and the passion you feel as the waters roar collectively down stream? The reason for this is that a river has boundaries on both sides called levies, to keep its energy flowing in a certain direction. A river with boundaries has a lot of passion. On the flip side, have you seen a flood, how it spreads out into the open spaces; it's shallow, messy and uncontrollable. It serves no purpose because it's not guided properly. If we take this analogy and adapt it to your life, does your life reflect a river or a flood? In sum, your life must have a specific focus. Can you imagine putting all of your energy into a single area? Let's look at two individuals who did and what the results were:

Bill Gates is widely known today as a generous philanthropist. He made his billions by following his passion. He began learning about software at an early age. He spent most of his spare time as a youth at his private school's computer lab. Over time he mastered and wrote software programs for computers. As an adult, he along with a friend, started a software company called Microsoft, which has revolutionized the computer industry worldwide. He is now a self-made billionaire and a household name. He is a history-maker.

What passion do you think Bill Gates had from his youth?

- Life Coaching for Teens - **Building Confidence - Developing Character - Living Courageously**

II. Mission: What's Important to Me & Where Am I Going?

One of the biggest crossroads for young people is the fork in the road after High School. You know that place where many young people get stuck. Even those who go on to college find themselves lost; many can't make up their minds what to major in. And those who do graduate, often times do not enter the same field of study they prepared for. For example, after High School I went to college, and after four years I earned a degree in Criminal Justice. Then I became a Correctional Officer for seven and half years, but I was miserable in my job. I couldn't comprehend it. I soon discovered Law Enforcement was not for me. I didn't like what I was doing. In retrospect, I thought I had spent all that time in college for nothing. Then I spent the next sixteen years of my life as a minister and thoroughly enjoyed it. However, inside I knew there was something else for me. After a long introspection of my life, I was able to put the puzzle pieces together. I came to this conclusion. I have certain values I care deeply about, and certain strengths that I developed over the years, mainly in the realm of personal development.

In the end, I wanted to help people understand that a better way of life was possible for them, so I went to college and earned my master's degree with life coaching as a second emphasis. Now, I have a deep passion to teach the next generation how to live an abundant life. This is why I'm writing this Life Coaching for Teens workbook; to help young people eliminate their risk factors and get on the right track with their lives.

Here's a synopsis of my personal life mission statement:

My desire and passion is to see people equipped as transformative leaders to express their creative leadership potential so they can walk out their destiny with confidence, passion and success.

Write your own here:

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

1. Don't Spread Yourself too Thin - "You can't change everything."

You must remember that you can't change everything, but you can start doing the "one thing" you have been designed and destined to do. I remember, as a teenager, I had all these idealistic dreams about life and rightly so. Youth is a time to dream and think BIG. Don't stop doing that! However, we can't change "everything." There will be so many things out there that will challenge you. You must find the "one" thing that will make you a history maker.

2. Find the One Thing: "When you find your niche no one can talk you out of it."

When you find the "one thing" you were destined to do in life, no one will be able to talk you out of it. Reflect on this truth for a moment. Then use the following space to write a brief essay called "The One Thing".

- Life Coaching for Teens - **Building Confidence - Developing Character - Living Courageously**

Turn Your Passion into an Action: **You Get to Create Your Life!**

A Quick Review

Before we begin developing a life plan, let's see what you have acquired from the Life Coaching for Teens guidebook:

1. **CONFIDENCE:** In the first section, you discovered foundational cornerstones necessary for your life's journey; primarily discovering your personal identity and life's purpose.
2. **CHARACTER:** Then you learned The Top 12 Virtues for Teens, foundational virtues that develop strong character for the journey ahead.
3. **COURAGE:** Finally, you have discovered your gifts and passion, and defined your life mission. Now you can take hold of your future and live courageously.

What is a Life Plan?

A life plan is simply a road map depicting "where" you are going for a specific period of time, so you can get there with minimal amount of stress. Many people take life for granted, thinking that "luck" and "fate" will guide them safely to fulfill their life's dreams. Although you may have heard of "luck" stories in the past, or people who have made it big by winning the lottery; these stories are few in number and not worth betting your life on. It would be wise to devise a strategic plan for your life.

Before Starting Your Life Plan

What should you consider before starting a life plan? The virtual world of the Internet is full of advice. You can Google the words "Life Plan" and you will find various opinions on the subject. Here are some general guidelines for you to consider:

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

1. **Identity:** Do you have clarity of purpose? Do you know the "why" of your life? Example: Who am I? What I am doing here? What am I called to do in life?

2. **Character:** Have you cultivated (or are you cultivating) the needed character to run the race with confidence? Do you possess the moral qualities to endure hardships? In other words, can you believe in yourself and in your life mission even when there is contradiction?

3. **Innate Gifts:** Since your gifts and passions are road signs to direct you in your life's path, consider them in your life planning. For instance, if you are good at math and science then pursuing a degree in "literature" may not be a wise choice.

4. **Passion:** Does your life reflect consistency of attitude and vigor? Remember, passion is a strong belief in yourself and in what you're doing; it's "passing onward" even throughout the most challenging times of your life.

When these four cornerstones are evident in your life... then life planning comes easy. As a matter of fact, a person who displays these four cornerstones is already moving forward and knows with confidence where he or she is going. Then life planning can begin.

Life Planning

Consider a 5-year plan instead of a longer version. At the start, I recommend a short planning cycle. The reason for this is that you are getting started, so the foundation of your life is critical. College, career, where you live and whom you marry are important choices that need deep thought and consideration. Here is the common road map students choose after High School:

- a. Attend college
- b. Find a job
- c. Join the military
- d. Marriage
- e. Traveling the world for one year

- Life Coaching for Teens -

Building Confidence - Developing Character - Living Courageously

f. A combination of the above. For instance, some young people join the military because they can travel the world... others go to a university in another country for a year to experience the culture first hand.

BUILDING your Life Plan

A 5-year plan will take you through a critical stage of your life. If you are fourteen, a life plan will take you through your years of High School. If you are 18, a five-year life plan will take you through college. Do you feel you have the direction you need for the next five crucial years of your life?

1. PATH: Get a vision for your future - What does the future look like for you?

A vision can include your dreams, hopes and aspirations. You have to know your destination. A vision is seeing the horizon on the mountain far away. Although faint in appearance, you know where you're going. The vision is the "big picture", like getting a degree in Business and starting your own business after college, which takes around 5 years.

YOUR LIFE PATH is as SIMPLE AS THE A, B, C's

Point "A" is where you stand today.

Point "B" is the process of designing and engaging your life plan.

Point "C" is where you want to be in "5" years.

Use this process:

1. Start with the future (Point "C") by dreaming BIG! Where do you want to be in 5 years?
2. Next go back and make an honest assessment of your life (Point "A").
3. Then build a life strategy (Point "B") to get to your desire future (Point "C").

- Life Coaching for Teens -

Building **Confidence** - Developing **Character** - Living **Courageously**

2. PROCESS: Set Goals to accomplish your desired future (Steps to your destination).

A goal is slightly different than your vision. A goal is a big step in the fulfillment of your vision, much like which business school to attend or how many years it will take to complete your degree. An objective is the steps you take to complete a goal, visiting three campuses so you can make a better decision, filing out your application, and how many classes to take per quarter.

a. Set Long Term Goals first: You must first set long term goals. In other words, get the "big" picture of your life in your mind, then short-term goals or steps to follow.

b. Short-term goals are next: Methodical steps are critical. Example: Attend a junior college then transfer to a major College or University.

3. PROPERTIES - You will need tools for your journey.

What properties or tools will you need to accomplish your mission? Where will your money come from? Your money may come from a combination of your savings, a part-time job, student loans, federal or state grants, scholarships, parents, transportation, budgets, etc. What about saving now, for a laptop, a digital calendar, or even a mentor. What other tools will you need for your journey? List them here:

- Life Coaching for Teens - **Building Confidence - Developing Character - Living Courageously**

4. PARTNERSHIPS: Personal Commitment and Accountability

First, you will need to believe in yourself, even when no one else does. Second, you will need to recruit others to keep you on track. Do you have someone, a mentor, perhaps, who could advise you and keep you accountable? I recommend someone mature and out of college. A peer is usually not the best accountability partner when fulfilling a life plan. It has to be someone who is vested in your life, like a parent, an older brother or sister, a mentor, a teacher, a pastor; someone you deeply trust to remind you of your mission. You've got to believe in yourself and your plan. Don't give up - persevere!

5. PURIFICATION: Refine Your Life Plan - Evaluate and refine your plan throughout your journey.

Life plans should be reviewed a few times a year for adjustments. During your journey within those five years, other things will emerge that will be advantageous for your life. During this time you will find out more about yourself (Remember the "40% yet undiscovered" part of your life) so adjustments are necessary.

- Life Coaching for Teens -

Building **Confidence** - Developing **Character** - Living **Courageously**

Latino Townhall



Latino Townhall exists as a private postsecondary leadership school to equip and empower Latinos via education, leadership development and civic engagement, to permeate, influence and transform the 7 Communities of Culture.

The **7 Communities of Culture** consist of the Arts and Entertainment, Business and Commerce, Education, the Faith Community, the Family, Government and Law, and the Media. These communities are crucial for transforming the cultural landscape since each one has significant influence and impact shaping societal norms and values of millions of Americans each day. These seven communities of culture require transformative leaders who understand how to bring about change and lead transformation.

Author of Life Coaching for Teens



In May 2009, Joel graduated from Regent University with a Master's of Arts degree in Organizational Leadership with a strong emphasis in executive coaching and mentoring. As a result, under the auspicious of **Latino Townhall**, Joel started the **School of Leadership and Transformation (S.L.A.T.)**, a private postsecondary leadership school designed to equip and empower Latinos via education, leadership development and community engagement to permeate, influence and transform the 7 Communities of Culture. Joel's background consists of 13 years in Law Enforcement, and 16 years in the ministry as an

executive pastor, in one of the most dynamic and fastest growing churches in the country; the International Church of Las Vegas. Joel has written several articles, which have appeared on various newsletters, Leadership Advance Online - a Regent University leadership magazine, and The Americano. Joel is an expert author with Diamond status on Ezine Articles, an online writers network.

- Life Coaching for Teens -
Building Confidence - Developing Character - Living Courageously