

A ROADMAP

To Teen Success!



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Message For You!



Hey! As your parent, there are certain life lessons that I feel are my job to pass down to you so that you can be confident, successful and happy as you venture on your way into adulthood.

I wish somebody had taken the time to walk me through some of these things I am about to share with you when I was your age, it would have made my life so much better in so many ways!

In order to be a functioning human adult, there are a few things you must master like your diet, sleep, relationship with your smartphone, etc. and if you don't the results can be catastrophic and I don't want that for you!

I am committed not only to putting together this little road map with you but also to walking the walk the very best I can in my own life. I will not be perfect, I can promise you that, but I am committed to doing my very best because I want the very best for YOU.

But here's the cold hard truth.

The key to this whole thing is YOU.

How much effort are you willing to put in to create an awesome life for yourself?

No one else can do it for you, myself included.

Is there something in your life you are unhappy with? Great, let's work on it until you are happy with it. That's what I am here for.

To support YOU.

But, until you decide to take 100% responsibility for every part of your life, nothing will change. You will just play the victim card and blame other people for everything you don't like or doesn't seem fair. You get to decide right now.

What do you want out of your life? Do you want to be happy? Do you want to find your purpose and do what you love every day? Do you want to have amazing friends who support and build you up? Or, do you want to just settle for average? Do you want to not chase your dreams because you are afraid to fail? Or, do you care too much what other people will say and think about you? Do you want to keep being anxious, stressed, and depressed?

Maybe you just want to be great at something but you don't know where to start or what to do? Whatever your unique situation is – take a second, close your eyes and think about it right now...

If you could have your dream life, what would that look like? Where would you live? What would you be doing? Who would be in your life? Who wouldn't be in your life?! What challenges and obstacles did you overcome to be there?

This is why I want to help you put together a road map to go from where you are in your life right now to where you want to be in the future.. You deserve to have the life of your dreams, but it doesn't just happen, you have to build it!

And it all starts with a simple decision. Are you happy with where you are, or do you desire more? Change happens in an instant. The moment you make the decision you aren't going to settle anymore for what you have been and raise your standards.

So, what do you say? Are you ready to raise your standards and step into your greatness? If the answer is yes, that's great because I am here to help you along the way. If you aren't sure of the answer that's okay too, we will talk about it more.

But I want to be clear right from the jump, you deserve an amazing life filled with happiness and success on your terms. The sooner you accept that, the sooner I can help you build your dream life. Okay, so that's enough pep talk and lecturing. I want to give you 10 practical things you can do right now that will significantly change your life for the better.

HERE IS WHAT I WISH I KNEW WHEN I WAS YOUR AGE.

I LOVE YOU.

01

Make a Morning Routine and Be Consistent

This will literally change your life and help you create discipline. It will set you up for success every single day and is so important. Here's an example of what a good morning routine looks like:

- Wake up 7am
- Make my bed
- Meditate 10 minutes laying on my back with my eyes closed
- Focus on breathing and things I am grateful for during the meditation
- Drink greens supplement
- Listen to a 5-minute morning motivation
- Exercise, hot sauna, cold plunge
- Do not even look at phone until 9am
- Eat eggs after 11am

If a person can start every single day of their life like this they can start every day on the right foot and put themselves in position to succeed and feel great. Does that mean you will do it every day – unfortunately not. But when you do it, your day will be 10 times better than it is when you don't make it a priority. You'll be more relaxed, focused, and feel amazing and have the energy to dominate the day to the best of your ability.

Why wouldn't you want to have the best start to the day if you could every single day? The good news is you can. But you have to make a plan first. What does your perfect morning routine look like? Write it below.

Make a Night Routine and Be Consistent

The truth is, the success of the morning routine starts the night before with your night time routine. Your sleep is **EVERYTHING!** Literally, so many issues you may be facing right now could stem from not getting consistent, good sleep. Sleep is a superpower and something I wish I would have figured out earlier in life. Here is an example of a good nightly routine:

- No food or drinks after 7pm
- Phone goes into sleep mode at 9pm (this is a huge one we will discuss more later)
- Lights go off after 9pm and only candles (helps your body wind down)
- No electronics in the bedroom (computers, phones, etc.)
- Shower, brush and floss
- Stretching between 9pm-10pm
- In bed by 10pm reading and asleep by 11pm

Again, there is no perfect science to this and everyone is a little different when it comes to their preferences. Sleep is definitely a skill you can practice and get better at but the main thing is to start winding down for bed. You do that by getting off your phone and turning off the TV and not having a bunch of bright lights signaling to your brain/body that it's daytime.

Your ability to have a good night's sleep or not will impact every aspect of your life so it's critical to figure this out now and make it a priority!

So, you're a human person whose slept at night before. **When have you gotten your best nights sleep? Think about it and write out what your perfect night time would look like below.**

Create Systems Around Your Phone & Social Media

You've probably heard the expression, 'The house always win'. If you haven't, let me explain. In a nutshell, it means when you are gambling, although you may win sometimes, the Casino always wins in the end. Meaning, they get your money because the odds are in their favor statistically. The same goes for your phone and social media. I would argue that NO HUMAN ALIVE has the discipline and self-control to withstand the temptation of wasting countless hours of their life scrolling...unless they put systems into place! We know that social media and more screen time creates more stress, anxiety, and depression. Even more than that, you waste hours of your life everyday just mindlessly consuming content when you could be putting that towards becoming great at a skill, investing in meaningful relationships and just being...happier!

Simply put, setting up systems to protect yourself from the temptation of social media and your phone will completely change your life for the better!

Here's what I mean by systems:

- Putting your phone in sleep mode from 9pm to 9am
- When talking with someone in real life, don't go on your phone so you are more present and connect with people in a deeper way
- Having a timer that only allows you to go on social media for a certain amount of minutes a day
- For adults, only doing emails for a certain number of minutes at the same time every day – this keeps a person from having to constantly be on the defense and get back to people on their time
- Unfollowing people on social media and not using it to 'check up on people' and compare your life to their best moments
- Don't even follow people so when people ask you to follow them you can say 'nope' guilt free and move on with your life
- When working on projects that require focus, put on a timer and put your phone in airplane mode so you can't be distracted
- Making the choice to NOT have your phone in the bedroom when you go to sleep so there is no chance you will get caught in an endless scroll

The average teenager today spends 8 hours a day staring at a screen. For context, that is the equivalent of a 40 day work week at a FULL-TIME JOB!

The average teenager today spends 8 hours a day staring at a screen. For context, that is the equivalent of a 40 day work week at a FULL-TIME JOB!

The average 18 year old spends 90% of their time awake watching things through a screen. I don't want you to waste your life not actually living!

Many kids today are riddled with anxiety, they are stressed and they are depressed from comparing their lives to everyone else in the world's highlight reels. I don't want any of these things for me or for you and that's why making a game plan of what your relationship with your phone will be and setting up systems is the only way you will be successful. If not, trust me, the house will win because no one that I've ever met can resist the addiction to the non-stop stimulation (and not to mention attention) you get from your phone and social media. **What is your phone/social media game plan for success going to be?**

Here are a couple questions to answer that will help you figure it out:

What do you like about social media?

What do you not like about social media?

Do you feel better or worse when you get done scrolling on your phone for an hour?

Go into your settings and write down the following:

How much time do you spend on your phone per day?

How much time do you spend on your phone per week?

How many hours does that break down for the month?

What would be a better use of your time with all those hours?

(Hint: school, hanging with friends, practicing your sport, learning another language, etc.)

Here are some more questions to answer:

How much time do you want to allow yourself for social media each day?

**What do you want your relationship to be with social media?
(Are you watching other people's stuff? Are you posting lots of stuff about your life?)**

What are the pros and cons of both?)

What time will your phone go off at night?

What time do you let yourself get on the phone to start the day?

Where will you keep your phone when it's time to sleep?

If you don't make the decision to have a plan that you think is going to lead to your overall happiness and success in life then sadly it is highly likely that social media will consume you like it does so many others. If that's what you want, that's okay. You will be much more likely to be stressed, anxious, depressed and not achieve your dreams and I don't want that for you but you have to choose the life you want to live.

What if I told you that you could have everything you ever wanted in life if you just gave up your phone?

All of your biggest dreams. Success. Happiness. **Would you be willing to put the phone down and log off social media?** I'm convinced most people wouldn't do it even if you guaranteed they could have whatever they want in life. That's the power of social media and your phone. I don't want you to be sucked into that world and negatively impacted like everyone else. I want a better life for you and I am telling you by limiting your exposure and time you can focus on the things in life that really matter.

Most people today aren't in control of their phones, in fact, their lives are completely run by their phones! Don't be one of these people!

Like I said, limiting screen time and setting up systems to keep you literally locked out from certain apps can completely change your life in such a positive way. We'll talk about this more, but I hope you get a ton of value out of this exercise and choose wisely because your relationship with your phone is one of the most important decisions you will make, good luck!

Set SMART Goals

Do you have a small (or big) goal you are excited about and working towards? If so, do you have them written out and in a place where you can see them every day? If not, I challenge you to come up with some right now. If you don't have goals, it makes it hard to achieve anything of significance.

Take a minute and write out 3-5 goals (big or small) that you have and we can talk about the best way to get them accomplished later. Don't be afraid to go big with these, no one here is going to judge you!

1.

2.

3.

4.

5.

Choose Your Winner's Circle

You are the average of the 5 people you spend the most time with, so you better choose wisely! If you hang out with smart kids, you are probably gonna get better grades. If you hang out with good athletes, you are probably going to get better at sports. If you hang with rich kids, you might just learn how to make more money. (I think you get the idea).

Are your 'friends' building you up and encouraging in the direction of your dreams or are they tearing you down and not happy when you succeed in life?

Take 5 minutes and write down the top 10 people you spend the most time with. This can include family, teachers and coaches. I want you to circle all of the names that you think should be in your winner's circle and put a check mark next to anyone who needs to be cut from the team.

There is a good chance you might need to distance yourself from some so called 'friends' and make room for some better ones. After your list of 10, write down 5 people who you think might be good to add to your winner's circle.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

05

5 People I might want to add to my Winner's Circle to make it better:

1.

2.

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4.

5.



Find Your Purpose Do

Do you know what your purpose in life is? Have you found 'your why'? What is the thing that you would do for free forever even if you never made a cent from it? Is it singing? Helping others? Collecting buttons? (I don't know maybe you got some hobbies you've been hiding from me!)

They say you are born twice. The day you are born and the day you find out why. When I figured out my purpose it was a game changer, and I haven't been the same since. My challenge for you right now is to take a few minutes and think...**What is the thing that lights you up and is your passion? Is there a way you can turn it into a living?**

Write a list of 3-5 things that get you excited just thinking about them. It's okay if you don't know, this is the time you can try a lot of things and see what you like. As they say, the world is your oyster! The sooner you find your purpose in life the more cool things you can do with it.

1.

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Make Your Health a Priority

Your body is a machine, and like a machine, you have to do certain things to keep it running. The first one is sleep. So many issues people have is because they never figure out their relationship with sleep.

How many hours do you need to feel good?

If you don't know, figure it out, it's really important! (8-10 hours is usually a good amount for most people). **Write how many hours you plan to sleep a night and between what times below!**

Next up is exercise. **Did you know that people who exercise regularly struggle with depression, anxiety and stress at a lot lower rate and they sleep better?** Getting your blood pumping will make a huge difference in your life. In the space below, please share what your current fitness routine looks like, if you think it is sufficient or not and what you could do to improve your exercise regimen.

Last, but not least...let's talk about your diet.

With everything you are eating you are either putting life or poison into your body. **Are you drinking enough water? Do you know how much water a person is even supposed to drink? Are you taking vitamins and eating good whole foods or is every meal a processed burger from a drive through?**

The things you choose to eat and drink play a huge role in how you look, feel and even how long you live!

Describe your diet in 3 sentences or less and rate yourself on a 1-10 scale.

Lastly, list 3-5 improvements you could make to your diet.

Serve Others

So many people today have a mindset that they 'need help'. My goal with you is to change that way of thinking to 'who can I help?'

Which mindset do you have?

For almost any situation you are going through in your life, whether things are going really good or really bad, when you make the decision to help someone else it is one of the best choices you can make. It can help give you perspective on your situation, make you feel more grateful for what you do have and the rewarding feeling of helping someone in need is arguably one of the most fulfilling things you can do.

Are you stressed about school? Go help someone else.

Are you depressed about something? Go help someone else.

Are you anxious about getting into your dream college and your parent's expectations of you? Go help someone else!

I think you get the idea... Helping others is one of the best things you can do to help yourself!

Seems crazy but I promise you it's true. Here is my challenge to you. **Who is someone you can help?** Make a list of people or ways you could serve others this week, this month and this year in the space below

Time Management

Your most valuable asset in life is TIME. It's the one thing that everyone has a finite amount of. There's nothing worse than to see someone completely wasting their time on things that don't matter. That's a big reason why I want to help you get systems in place for your phone and social media – it's a big time sucker and life waster!

Don't waste your life watching other people live their 'fake life' through a phone screen! Get out there and go on your own adventures. And yes, you can do things without recording them and posting them online, you won't get in trouble! **Are you sensing my sarcasm yet?**

Do you have good time management? A third of your life you will be sleeping. Right now, another third(ish) of your time is at school.

What are you doing with that last third of time you have? Are you using it wisely?

Make a list in the space below of some ways you could have better time management. **What are some things you could cut out? What are some better things you could replace them with? Answer below.**

Coping Mechanisms

Life is tough and bad things happen! Not very uplifting and positive, I know.

But these are the things I care about for you and I want to give you the tools you need to be able to deal with things like handling anger, managing stress, dealing with anxiety and overcoming depression.

I want you to be able to stand on your own two feet and handle whatever life throws at you.

To wrap this up, I want you to write 5-10 areas that you could use some work and help on.

This could be things like:

- I need helping making better friends at school
- I don't want to feel anxious around people and need better communication skills
- I need help with my confidence
- How do I deal with a bully?
- I have been really sad lately and I have negative thoughts

Okay, now it's your turn!

Write 5-10 things you want to work on, could use some help getting better at or an area you could use some improvement.

Don't hold anything back, I am so excited to help you create the life of your dreams!

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- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Let's Wrap This Up!

If you can master even just a few of these 10 things it will dramatically change the course of your life for the better. Being a teen is hard work and requires balancing a lot of different moving pieces, but the good news is you can kick butt and create the life you want to live...it just requires the right game plan and a little bit of work, but I promise you, it is worth it!

I want so many good things for you so badly, but like I said at the beginning of this, that decision is up to you. I hope you will choose wisely.

So, know this...If you want help, if you want to improve some areas of your life, if you want to become great and succeed in a particular thing...I can definitely help and want to help you!

Remember, with every decision you make you are deciding who you want to be.

I love you.





REACH OUT TO THE TEAM

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