

How Teens Can Build a Life That is Fun, Fulfilling, and Promising

Being a teenager is a thrilling and transformative phase of life. It's a time when you have the opportunity to shape your future and build a life that is truly fulfilling and promising. While it may seem daunting, with the right mindset, strategies, and a dash of adventure, you can embark on this journey with confidence and create a life that meets your wildest dreams. So, let's dive in!

The Power of Passion

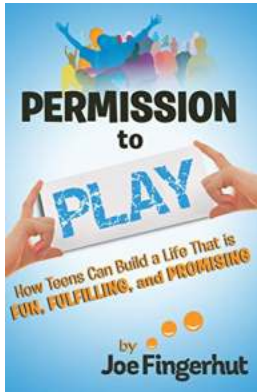
As a teenager, discovering and pursuing your passions is key to building a fulfilling life. Passion is like gasoline for the soul – it fuels your enthusiasm, helps you stay motivated, and gives you a sense of purpose. Take some time to explore different activities and interests, whether it's sports, arts, music, writing, or volunteering. Find what ignites your inner fire and dedicate yourself to it. The more passion you put into something, the more rewarding it becomes.

Educate Yourself Inside and Outside the Classroom

While formal education is important, remember that learning extends beyond the walls of a classroom. Embrace new experiences, read books, follow online courses, and listen to podcasts. Be curious about the world and constantly seek knowledge. This thirst for learning will not only expand your horizons but also help you discover new passions and talents. A well-rounded education, both in and out of school, sets a solid foundation for a successful life.

Permission to Play: How Teens Can Build a Life That Is Fun, Fulfilling, And Promising

by Glenn Hascall (Kindle Edition)



★ ★ ★ ★ ☆	4.8 out of 5
Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 247 pages
Lending	: Enabled



Dare to Dream Big

When it comes to building a promising life, it's crucial to dream big and set ambitious goals. Allow yourself to dream without limits or fears. Your dreams are the sparks that ignite your potential and guide you towards the life you desire. Write down your goals, break them into achievable steps, and stay committed. Remember, every successful person started with a dream, and it's no different for you as a teenager!

Create a Supportive Network

Surround yourself with positive and supportive people who believe in you and your dreams. Building a strong network of friends, mentors, and role models is crucial for personal growth. Seek out individuals who inspire you and share similar values. Connect with them, learn from their experiences, and let their guidance propel you forward. Having a supportive network by your side will make the journey to a promising life more enjoyable and rewarding.

Embrace Failure as a Stepping Stone

Failure and setbacks are an inevitable part of life. Instead of fearing them, embrace failures as valuable learning experiences. Every failure brings an

opportunity to grow, learn, and become stronger. Don't let setbacks discourage you; instead, use them as stepping stones towards success. Remember, even the most successful people have faced failure numerous times before reaching their goals.

Stay Committed and Take Consistent Action

Building a fulfilling life requires dedication and consistent effort. Stay committed to the goals you set for yourself and take small steps towards them every day. Make a plan and stick to it. Whether it's improving your skills, acquiring new knowledge, or taking risks, take consistent action that brings you closer to your dreams. Keep pushing forward, even when things get tough, and you will see progress over time.

Cultivate a Positive Mindset

Your mindset plays a crucial role in shaping your life. Cultivate a positive mindset by practicing gratitude, self-belief, and resilience. Focus on the things you are grateful for, embrace a growth mindset where challenges are seen as opportunities, and believe in your abilities to overcome any obstacles. By adopting a positive mindset, you will attract more positivity into your life and build a successful and fulfilling future.

Take Care of Your Well-being

No matter how driven you are, it's important to prioritize your well-being. Take care of your physical and mental health. Exercise regularly, eat a balanced diet, get enough sleep, and find healthy ways to manage stress. Pay attention to your emotions and seek support when needed. Self-care is not selfish; it allows you to show up as your best self and pursue your dreams with vitality.

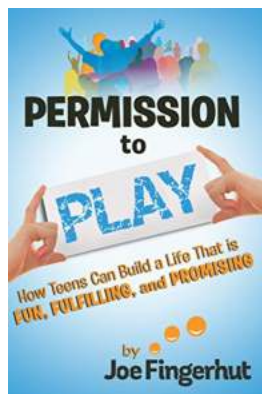
Embrace New Experiences and Step out of Your Comfort Zone

Life is full of exciting opportunities, and it's essential to embrace new experiences. Step out of your comfort zone and try things that scare you. Whether it's traveling, participating in a competition, joining a club, or starting a new hobby, these experiences will broaden your perspective, build resilience, and help you discover hidden talents. Remember, growth happens outside of your comfort zone.

Give Back to the Community

Contributing to the community not only makes a positive impact on others but also adds fulfillment to your own life. Find ways to give back, whether it's through volunteering, organizing fundraisers, or mentoring others. Making a difference in someone else's life not only creates a sense of purpose but also helps you grow as an individual. Plus, it looks great on college applications and job resumes!

As a teenager, building a life that is fun, fulfilling, and promising may seem like a big challenge. However, by following these strategies and embracing the adventures that come your way, you can create an extraordinary life. Remember, it's your journey, and you have the power to make it whatever you want it to be. So dream big, stay committed, and never stop believing in yourself. Your amazing life awaits!



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Do you fear leading a boring adult life, settling for a conventional job with no real happiness? Joe Fingerhut feared the same thing, but he did something others don't do: He made his life extraordinary. He followed his heart, despite his parents' objections, and pursued his own dreams. And he ultimately got his parents' blessing!

Thirty countries. Six continents. Eight Years. One dream life. That's Joe's story.

This book is required reading for any teen who feels uncertain about their future and is about to embark on "the rest of their life." Joe shows you how your next steps can launch you on the path to build an adult life that is far better than you can imagine, while respecting your parents and their points of view.

Joe not only provides a blueprint for following your dreams, he also injects you with powerful fuel, so you can blast through the excuses that hold you back and build a life that is fun, fulfilling, and promising.

Intro by Patrick Combs:

You know what's really hard? Making yourself into who you want to be. Making your life into what you want it to be.

These things are really hard because you have to start with where you're at and where you're at is never the easy starting place.

Starting takes guts. It takes courage. It takes nerve. It takes real audacity to declare to the world you're going to become what you dream and then go for it.

Real audacity. And a touch of crazy. The good kind of crazy. The kind of crazy that shapes amazing lives.

Joe Fingerhut is that kind of person. He's done it. He's been through it. He's gotten the T-shirt. He's learned the power of dreaming. The magic of starting. The necessity of falling down. The all-importance of getting back up again and forging on.

But no need to be impressed with Joe's accomplishments. They're not why you should trust him on the pages of this book. Who cares what Joe's accomplished? Joe accomplished his dreams not yours.

Instead, give applause to how many times Joe has fallen, failed, crashed, burned, wiped out, screwed up, suffered, persisted and overcome all in pursuit of his biggest dreams, because that's what gives Joe the depth to share real wisdom with you.

Joe speaks around the world not because people invite him to. He speaks around the world because he dreamed of doing so and then gutted it out for years, at his desk mostly, doing whatever he could to become an international speaker.

What makes Joe tick is something important for you and every human being to value. Joe values his family and Joe values his dreams, his life is a reflection of these two values for sure. But underneath both of those values is something even more fundamental to Joe. Joe values life.

There is always something that drives each of us do what we do in life.

Regrettably too many people are driven by desires to be comfortable, safe or rich and these people are chained to very boring lives.

Joe doesn't place a lot of value on safety, comfort or money like most people. At the heart of Joe's life is a value for life itself because as you'll read in this book, Joe learned a young age, through a very painful loss, that life is precious and can be extinguished at any moment.

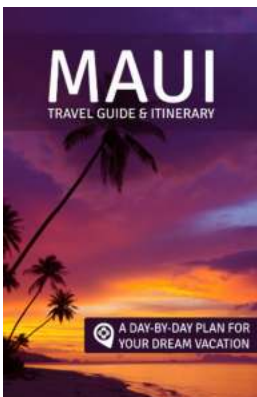
You hold in your hand an excellent manual on how to really live while you're alive, how to fill the pages of your own life story with play, joy, love, adventure, friendship, excitement, achievement, excellence and fulfillment. Read every page of this book.

But more importantly, do as Joe did, be so crazy as to make yourself into who you want to be. Be so audacious as to make your life into how you dream it. Why? Because you can. Because your life depends on it.



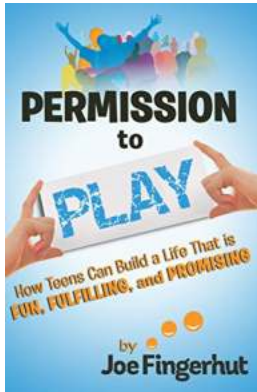
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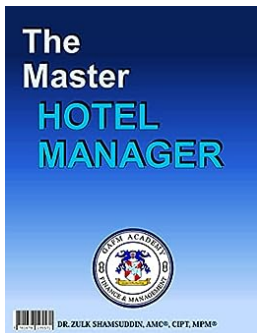
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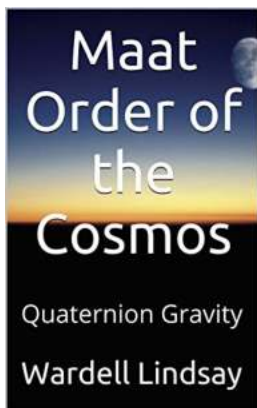
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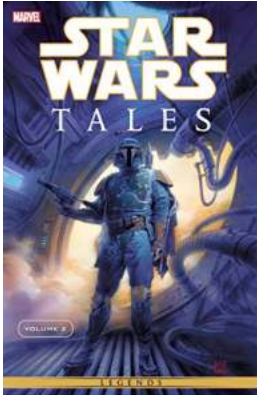
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