

# What If You're Doing It Right For Teens



Being a teenager can be tough. Pressure from school, friends, and society can often make you question whether you are doing things right. You may feel that you are constantly falling short or not meeting the expectations set for you. However, what if I told you that you are actually doing it right as a teenager?

## Embracing Individuality

One of the most important aspects of being a teenager is embracing your individuality. It's easy to get caught up in the desire to fit in and be like everyone else, but that is not the key to happiness and success. By being true to yourself and embracing your uniqueness, you are already on the right path.



### What If You're Doing It Right? For Teens: 100 Tips for Getting the Confidence and Happiness You Deserve (Creative Living Book 2)

by Robin Brande (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 1060 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 206 pages

Lending : Enabled

Screen Reader : Supported



## Exploring Interests

Teenage years are a time of self-discovery, and it's important to explore your interests and passions. Whether it's through extracurricular activities, hobbies, or volunteering, finding what you love and pursuing it will bring you a sense of fulfillment and purpose. So, don't be afraid to try new things and follow your passions.

## Learning from Mistakes

Mistakes are an inevitable part of life, and as a teenager, you will make your fair share of them. However, instead of beating yourself up over these mistakes, it's important to learn from them. Each mistake is an opportunity for growth and self-improvement. So, embrace them, learn from them, and use them to become a better version of yourself.

## **Building Healthy Relationships**

Being surrounded by good friends and maintaining healthy relationships is crucial during your teenage years. Surround yourself with people who uplift and support you, people who accept you for who you are. Building these relationships will provide you with a strong support system and contribute to your overall well-being.

## **Prioritizing Self-Care**

While it's easy to get caught up in the busyness of life, it's vital to prioritize self-care. Take care of your physical, mental, and emotional well-being. This could include getting enough sleep, eating well, engaging in activities that bring you joy, and practicing mindfulness or meditation. By prioritizing self-care, you will be better equipped to handle the challenges that come your way.

## **Focusing on Personal Growth**

Instead of comparing yourself to others, focus on your personal growth. Everyone's journey is unique, and it's important to celebrate your own achievements and progress. Set realistic goals for yourself and work towards them. Remember, success is measured by personal fulfillment, not by external validation.

So, what if you're doing it right as a teenager? Well, if you are embracing your individuality, exploring your interests, learning from your mistakes, building

healthy relationships, prioritizing self-care, and focusing on personal growth, then you are indeed doing it right. Remember to enjoy this stage of life, have fun, and believe in yourself.

Being a teenager can be challenging, but by following these principles, you will navigate through this transformative period with confidence and self-assurance. Just remember, you've got this!



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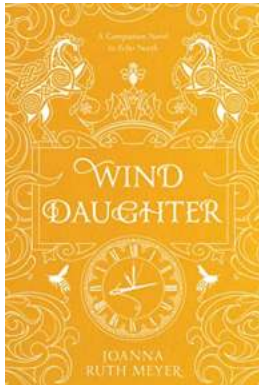
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Is it possible to feel confident and happier—today? Yes! To take steps toward becoming the smarter, bolder, braver, ideal you you've always wanted to be? Yes!

WHAT IF YOU'RE DOING IT RIGHT? For Teens features 100 practical, life-tested tips to help you gain the happiness and confidence you want now, while also showing you how to redesign your life from this day forward so that it perfectly, uniquely fits you. Don't wait another day to begin living the life you want.

(Originally published as *The Wise Girl's Guide To Life*. Now revised and updated for all teens.)



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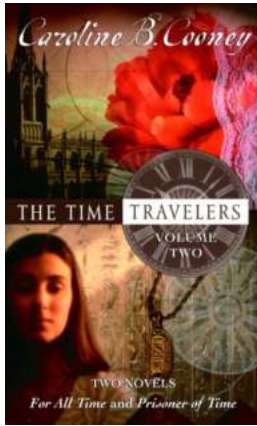
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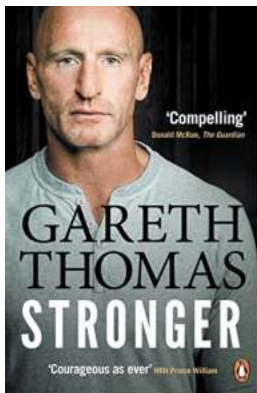
BELIEVE YOU  
*deserve it and*  
THE UNIVERSE WILL SERVE IT.

THE RED FAINT PROJECT



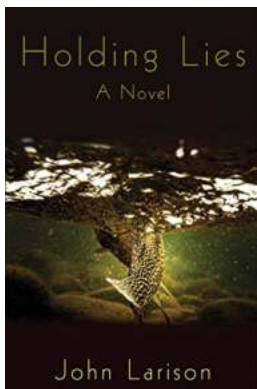
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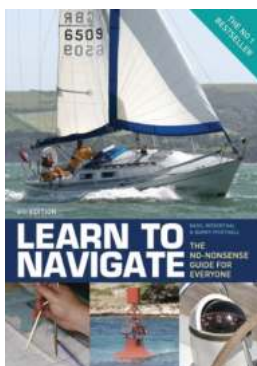
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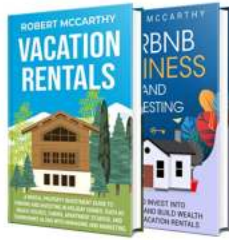
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