

# **MORE TIPS**

## **Teens and Adults**

**Balance your life.**

Life is not always school or work and no play.

It is a combination of events and experiences.

A balance of thoughts and actions keep you healthy and happy.

Take care of yourself and strive for your own balance and well-being.

**BALANCE**

# LEARNING

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## **Learning is a lifelong process.**

People are bombarded with ideas, images, and information.

People are constantly having new experiences.

Learning comes from all of this.

**Be aware.**

Be aware of your surroundings, what you do, and what you say.

Not everyone or everything is going to be good.

Be aware of what other people are doing.

Be aware of your entire situation and stay safe.

Be aware and take advantage of the good things in life.

**BE AWARE**

# CIRCUMSTANCES

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## **Circumstances.**

Circumstances are formed by different variables and events.

The weather, your knowledge of a subject, and the people you are working with are examples of circumstances.

Circumstances can limit or expand your options.

Pay attention and adjust to your circumstances and you will be more successful.

## **Adversity.**

Adversity is when things go against you or bad things happen.

Adversity takes many different forms.

Adversity can be caused by people, nature, or an accident.

Your ability to deal positively with adversity enables you to move forward.

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# ADVERSITY

# RESILIENCE

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## **Resilience.**

When you are resilient, you overcome bad things in life and bounce back.

Keep your composure and keep going.

Resilience allows you to keep on course and fulfill your dreams.

**Memory is tricky.**

Keep a list of things to do.

Keep a diary of dates for appointments and deadlines.

Remember you will forget things.

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**REMEMBER**

# SELF-CONTROL

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## **Self-control.**

Control yourself.  
Keep your mind and  
actions within your  
control.

Control what you say—  
words are powerful.

You choose what you  
do and say. Control  
yourself.

**Cooperate.**

When you cooperate,  
you are being helpful.

There are times you  
must do things you  
don't want to do.

Cooperate and do  
what's right.

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# COOPERATION

# CONCERN

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## **Concerned.**

Show concern for others.  
Care about other  
people and help them  
when you can.

Being concerned  
about someone  
shows you care.

**Giving encouragement.**

Give encouragement to other people.

Giving encouragement makes both you and the other people feel good.

Root for people you like.

# ENCOURAGEMENT

# CAREFUL

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## **Be careful.**

When you are careful and pay attention to what you are doing, there will be fewer mistakes and accidents.

When making decisions, be careful.

Use your wisdom and experiences to make careful, sensible, and correct decisions.

**The sun is dangerous.**

Sunny weather is nice  
but can be dangerous.

Use sunscreen.

Wear a hat in the sun.

The sun keeps us alive  
but can also create  
deadly skin problems.

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# SUNNY

# CELLPHONE

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## **Warning.**

Warning! It is not yet certain cellphones are harmless.

Use an earpiece or speaker when talking on the phone.

Don't look at your cellphone when you are with other people.

Don't give information to people you do not know.

When using your cellphone don't walk, drive, run, or engage in other activities.

**Be patient.**

Everything takes time,  
often more time than  
you would like.

Be calm and patient.

Life will be less stressful  
and more enjoyable.

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**PATIENCE**

# CHANGE

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## **Changes.**

Concentrate on changing yourself – not others.

Change comes slowly and takes work.

Don't give up and you will be able to change.

## **Work.**

Work is something most people must do in order to earn money.

Work can also be doing things and not earning money.

You can enjoy the work you do.

You can make a lot of money working.

People decide the type of work they are going to do – sometimes.

Other times you work at what you do because you must.

# WORK

# TRYING

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## **Trying.**

Trying is not accomplishing.

Saying you will try is not saying “I will do it.”

Trying gives you an excuse to fail.

Take “try” out of your vocabulary and replace it with “do.”

## **Appearance.**

Maintain a pleasant appearance.

Appearance is how you show and present yourself to others.

Being neat, clean, and respectful helps you in your relationships with others.

Your appearance matters to yourself and others.

# APPEARANCE

# Gossip

**Gossip is not nice.**

Keep gossip away from your mind.

Gossip is usually unkind, harmful, and malicious.

Don't start or pass along gossip.

## **Limitations.**

People have limitations – they are part of life.

Some people work to overcome limitations and others accept their limitations.

Some people find ways to work around their limitations.

Realize your limitations and do your best.

# LIMITATIONS

# SPECIAL

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## **Special.**

Sometimes life is about those little extra things like sending a thank you note or a birthday email.

Doing something extra or special is very nice.

You distinguish yourself as a good person when you do something special.

Doing something special makes you special.

**Hope.**

Hope guides your actions and enables you to move forward.

When you have hope, your mind and actions take the same path in your life.

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**HOPE**

# JOY

## **Joy.**

Joy is an overall good feeling.

Joy can be a momentary reaction to a good situation.

Joy can be a more lasting good feeling.

Joy is the well-being in your life.

**Gratitude is appreciation.**

Being thankful shows gratitude.

Feel good when you express gratitude.

Gratitude is your thankful thoughts and actions.

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# GRATITUDE

# DECISIONS

**People are constantly making decisions.**

Some decisions are easy while others take more time and thought.

When you have a difficult decision to make, consider the pros and cons.

List the alternatives you have.

You can ask someone you trust for help.

Make a thoughtful decision and move on.

**No excuses.**

Limitations are real.

Excuses are not  
accepted.

Don't make excuses.

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# EXCUSES

# CHOICES

**You have many choices.**

You have many choices to make based on wisdom and experiences.

Be wise when thinking and choosing.

Think about your life and choose wisely.