

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

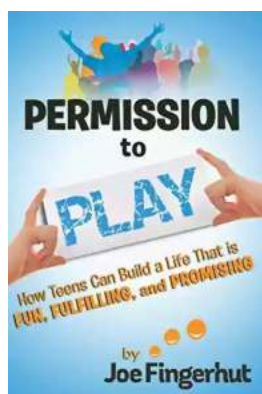


Being a teenager is an exciting and pivotal time in one's life. It's a time of self-discovery, personal growth, and building a foundation for the future. While many teenagers may feel overwhelmed or unsure about the path ahead, there are several steps they can take to create a life that is fun, fulfilling, and promising. In this article, we will explore some essential tips and strategies for teens to build a life they can be proud of.

## **The Power of Goal Setting**

One critical aspect of building a life that is both fulfilling and promising is setting goals. Goals give teens a sense of direction and purpose. They provide motivation and help prioritize actions. Whether it's academic, personal, or career-

related goals, having a clear vision of what one wants to achieve is vital. These goals will shape the choices made and the efforts put in to succeed.



## 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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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
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## 8 ESSENTIAL TIPS TO HELP YOUR TEEN *set* **effective** GOALS

- 1 MAKE SURE IT'S THEIR GOAL NOT YOURS**

  - Teens can easily reject any attempt to be controlled.
  - Allow your teen to set the goal and don't manipulate them into fulfilling your goals for them.
- 2 PARTNER WITH THEM AND SUPPORT THEIR INTERESTS**

  - If what your teen wants to do is safe and reasonable, you have an opportunity to show interest in their passion and partner with them.
- 3 INTRODUCE GOAL SETTING AS A TOOL TO SUPPORT THEIR DREAMS**

  - It's better NOT to force teens to do goal setting or introduce it as a "should" or "must."
  - For example, an effective invitation to goal setting could be, "Sounds like you're interested in improving your Spanish so you can get selected for the school trip to Spain this summer. What a great idea. Would you like me to support you in creating a plan?"
- 4 KNOW WHEN CONVERSATION ABOUT GOAL SETTING IS APPROPRIATE**

  - If a teen is complaining about a task, like having to complete homework, don't initially try a conversation about goal setting.
  - It's more effective to skillfully address their complaint first.
- 5 DEMONSTRATE THEY'RE IN CONTROL**

  - What if your teen is complaining about a situation they see as outside of their control, like a bad grade? This is a great opportunity to partner with your teen by empathizing. "Sounds like you're frustrated with your score in math."
  - Then, point out how they have accomplished other goals on their own.
  - Finally, name what your teen specifically did in order to accomplish this goal. This is important in building your teen's awareness of how effective they already are.
- 6 HELP TEEN REVISE GOALS TO BE SPECIFIC AND MEASURABLE**

  - Sometimes a goal involves someone else's decision. For example, "I want to make the track team" may ultimately depend on a coach's decision.
  - Instead, help your teen identify the qualities and skills it would take for them to get onto the team.
- 7 EXPLAIN IT'S ABOUT THE JOURNEY NOT THE DESTINATION**

  - We don't want to teach our teens they can't be happy or satisfied NOW, and that they'll only be happy once they reach their goal.
  - Explain to your teen they can be satisfied in all aspects of the goal-setting process. It is the process that can ultimately build a growth mindset.
- 8 HELP THEM SEE A DEEPER VALUE AND BENEFIT TO THEIR GOAL**

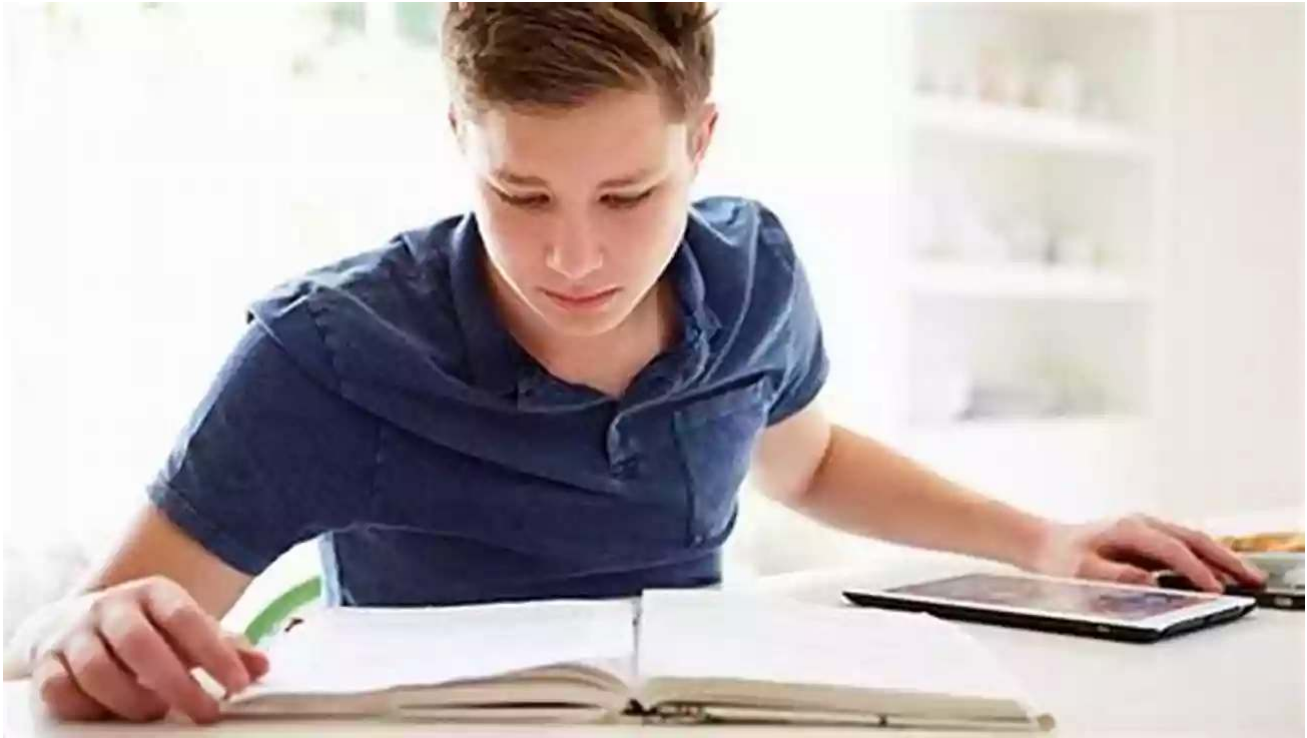
  - Goals are more likely to be achieved if one considers the "why" or purpose behind the goal.
  - If we say to teens, "Clearly that's important to you. Tell me more about it," teens are more likely to open up.
  - You can validate your teen's initial reason while helping them see a deeper value and a benefit to their goal.

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When setting goals, it is important to consider both short-term and long-term objectives. Short-term goals provide a sense of accomplishment and keep teens motivated along the way. Long-term goals, on the other hand, allow for planning and envisioning the future. By striking a balance between these two, teenagers can enjoy the journey while continually working towards their bigger aspirations.

## The Importance of Education

Education plays a crucial role in building a promising future. It equips teenagers with the necessary knowledge, skills, and opportunities to pursue their passions and develop their potential. By actively engaging in their studies, teenagers can set a strong foundation for their academic and professional endeavors.



However, education goes beyond the classroom. It is essential for teenagers to explore various subjects, extracurricular activities, and real-world experiences to broaden their horizons and discover their interests. By continuously seeking knowledge and learning, teens can develop a well-rounded perspective and unlock their full potential.

## **The Power of Relationships**

Building and nurturing healthy relationships is another significant aspect of creating a fun and fulfilling life. Surrounding oneself with supportive friends, family, and mentors can provide a strong support system and contribute to personal growth.



Moreover, as teens connect and engage with others, they learn important life skills such as communication, empathy, and conflict resolution. These skills are invaluable in forming meaningful relationships and navigating various social situations.

### **Exploring Passions and Hobbies**

To add an element of fun and fulfillment to their lives, teens should explore and pursue their passions and hobbies. Engaging in activities they enjoy helps reduce stress, boost happiness, and develop new skills. It could be playing a musical instrument, joining a sports team, writing, painting, or any activity that brings joy and fulfillment.



Exploring passions and hobbies not only provides a sense of personal satisfaction but also opens doors to new friendships and opportunities. It allows teenagers to express themselves, foster creativity, and develop unique talents that can contribute to their overall growth.

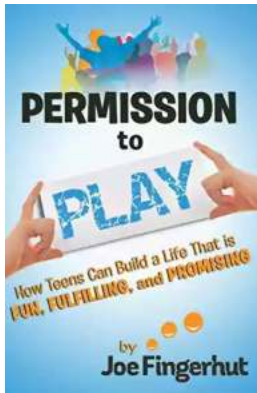
### **Building a Supportive Mindset**

Lastly, building a life that is fun, fulfilling, and promising requires cultivating a supportive mindset. Positive thinking, resilience, and perseverance are essential qualities for teenagers to overcome challenges and setbacks.



Encouraging teenagers to embrace failure as a learning opportunity and to stay motivated even when things get tough can significantly impact their future success. By fostering self-belief and a proactive attitude, teens can tackle obstacles head-on and turn them into stepping stones towards their desired life.

Building a life that is fun, fulfilling, and promising is a journey that teenagers embark on during their formative years. By setting goals, valuing education, nurturing relationships, pursuing passions, and fostering a supportive mindset, they can create a life they are proud of. It is crucial for teenagers to remember that their choices and actions today can shape their future, and each step they take towards building a fulfilling life matters.



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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.

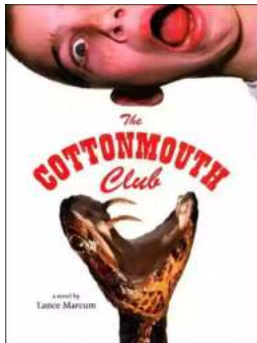
But more importantly, do as Joe did, be so crazy as to make yourself into who you want to be. Be so audacious as to make your life into how you dream it.

Why? Because you can. Because your life depends on it.



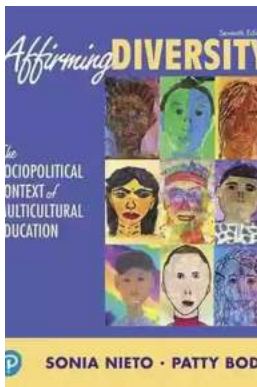
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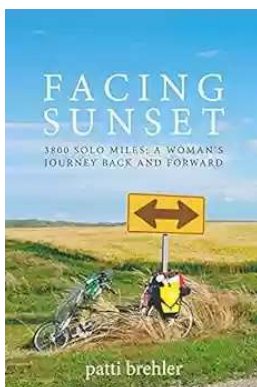
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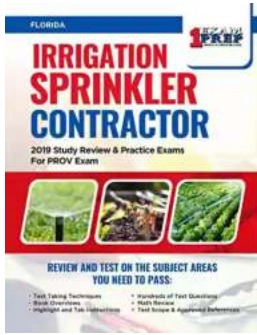
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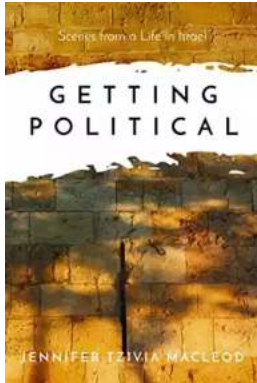
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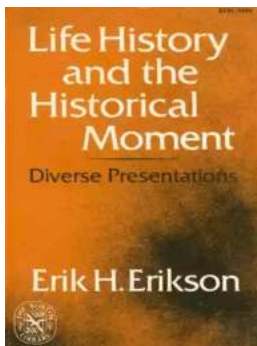
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