

Tips For Teens Calendar – Ideas to put in it.

**Book- Stand Tall*

- We don't need to kiss ourselves in the mirror every morning and act as if no one could match up to us in order to have self-esteem; that's not self-esteem – it's conceit. We do need to respect our abilities, our own futures, and ourselves.
- Healthy Self-esteem Habits: These basic steps will help you grow your self-esteem or keep it healthy. Everyone needs them regularly. 1. Get plenty of sleep – to be at your best each morning. 2. Eat right – so you don't feel grouchy. 3. Exercise regularly – so you look and feel good. 4. Read God's Word daily – to gain direction and maintain peace in your life.
- If you don't like your life, but you keep on doing the same things that have gotten you into trouble, your life will never improve. Changing is rarely easy – but it can become one of the best things in your life. Take out the old, bad habits and replace them with fresh healthy ones, and see how your life improves.
- Luke 2:52 says, “And Jesus grew in *wisdom* and *stature*, and favor with *God* and *men*.” That line gives us the four areas of our lives on which our self-esteem stands: wisdom (mental), stature (physical), God (spiritual), and men (social). It's as if we had a house with a building block at each corner of the foundation – we need all four aligned if we want to have a sturdy structure. A balanced life won't topple over when the winds of trouble blow.
- Like a muscle, you need to exercise wisdom to make it stronger. You can start by taking these simple steps: 1. Read and memorize God's Word. 2. Trust God. 3. Trust your parents. 4. Have the right heroes. 5. Keep two lists. One will describe the things you need to improve on and the other the wise things you have done.
- God has made you special by giving you gifts and talents in your own unique package. It's as if you had a gift to unwrap – you have to find which abilities are inside and make the most of them.
- Real attractiveness means you look good on the inside and feel good about who you are. Remember God's definition of self-esteem: Your uniqueness (your inside stuff) + your relationship with Him.
- You don't need to win a talent show to know that you're better at some things than others or to know that you can do some things your friends or families don't want to bother with. Each of us has some special abilities that make us unique in our homes, schools, and communities. Knowing that we can do some things well shows us that we are special, and we can feel good about ourselves because of that.
- It's fun to discover what you're good at. Knowing you can excel at things will give you a boost of enthusiasm. Don't become so involved in achieving, however, that you place pressure on yourself to be perfect or begin to think you are only valuable because of what you do. You own your talents – don't let them own you. You are important because of *whose* you are – God's – not *who* you are.
- To have a healthy relationship with God, you need to start getting serious about where you want to go spiritually. Here are some strategies for spiritual growth that can help you. 1. Read God's love letter (the Bible) daily. 2. Hide God's Word in your heart. (memorize verses that are meaningful to you) 3. Read devotions on a regular basis. 4. Find life verses. (Verses for specific areas in your life.) 5. Figure

out which Bible character you identify with, and study them. 6. Become part of a loving, caring, Bible-believing church. 7. Get involved with a vital youth group that lives for the Lord. 8. Attend a Christian camp. 9. Teach Sunday school. 10. Listen to good Christian music. 11. Keep a journal. 12. Pray all the time.

**Book – Stand Up*

- Be honest with yourself. Look at where the pressure's coming from. Stand up for yourself!
- The qualities we should look for in others are inside things – honesty, integrity, caring for others, being able to say "I'm sorry."
- Your friends *will* influence you, so choose friends who share your beliefs and ideals.
- I can't blame the negative people in my life for all my mistakes. I chose to do what I chose to do. I have to accept the responsibility for it.
- God gave you a place on this planet, gifts to offer the world, and a reason for living. Find out what those gifts and that reason are.
- As you grow in God, the good choices will come more easily and naturally.
- What needs to change in your life? Write it down, commit yourself to change, and begin today.
- Being part of the crowd will never make you a leader in your school, a person people remember with pride, or a success in the future.
- Write these five questions on a 3x5 card and put it where you'll see it every day. Could this activity kill me? Could it ruin my dreams? Could it tarnish my feelings about myself? Could I lose the respect of others? Could I hurt my reputation?
- Peer pressure isn't just what happens to you – you may do it every day to others.
- Are you seeing yourself and others clearly or does peer pressure cloud your vision?
- Failure to plan leads to failure.
- If you don't like what's happening in certain areas of your life, you need to make a plan and make some changes.
- The Bible teaches that all of our actions have consequences. Be careful what you choose.
- We must walk our talk and be fed by the Lord day by day if we are to grow.
- God made us social beings. Needing other people isn't weak or silly.
- Whether or not you know it, your life has an impact on others. Make it positive!
- Live out your faith at home, at the mall, and on the way to school with your friends.
- Each of us is the total sum of the stuff inside – thoughts, habits, and perceptions. It is who we are. We can't fake it. If we want to change, our hearts have to change first.
- Whether our friends are positive or negative, their attitudes tend to rub off on us.
- You will sleep better, feel better about yourself, and have more friends if you listen more than you talk, serve more than you expect to be served, and give more than you take.
- A dream is something you'd like to do; a goal is a specific thing that you've planned how to do.
- When I want to accomplish a new goal in my life, I try to find someone who has already accomplished it and can give me good advice.
- When your heart tells you you've done wrong, you need to listen carefully. Otherwise your heart becomes hard.

- Does your conscience sound like a brass band or a mosquito?
- Satan knows your weak areas and where you're vulnerable. You have to identify them, too, and come up with a plan for resisting when Satan tempts you to compromise in those things.
- Teens who have thought about their life purposes know how to say no at the right time.
- Setting goals and identifying where you want to be take time, but goals help you have the future you want.
- God has goals that are just for you. Draw close to him and he'll help you see what they are.
- To help you decide what goals you should have, make a list of your interests and abilities. Include the things you do easily and enjoy. Also include the things other people seem to notice about you.
- Taking people for granted, treating them without respect, and avoiding right decisions are not the things God has in mind for you.
- Make your own plan for success – following God's agenda.
- Relationships can be wonderful when everyone involved has the same expectations and follows the same set of rules.
- A temptation will not give up its hold on your life without a fight, but the daily choices you make can loosen its grip. Each time you make a right decision, God's Spirit expands within you and the old self recedes a little.
- We need to focus on the things we have accomplished and the goals that are important to us.
- When you make a change in your life, you have to keep it up for at least three weeks before it can become a habit. Be patient with yourself.
- Be positive about your ability to change! Be around people who will encourage you.
- How we act is determined by what we think and what we believe in.
- Whatever it takes to stand firm against peer pressure and improve your life, do it!
- Reach inside your soul to discover what is important to you. By doing this you discover who you are inside. It helps you believe in yourself and stand up for yourself in this world.

*Book: Stand Out

- Fame is impressive, but it isn't leadership.
- People who lead – really lead – put themselves out for others, even when it's uncomfortable.
- The ideas you accept about yourself will drive your opinion of your abilities and will affect your goals.
- Leaders who settle for second best cannot help others become their best.
- Learn more about yourself by taking stock of what you are and what others think of you.
- Concentrate on building inner strengths, and you will find the development of other – more obvious – leadership skills much easier.
- No matter how glorious his miracles and message were, Jesus still needed to get alone with his Father.

- Someone else's life may seem perfect in comparison to your own, but are you seeing the whole picture?
- Challenge your friends to fulfill their best dreams.
- Don't let the problems you face today keep you from a better future.
- Real leaders are people who *like* other people. They like to be a part of something bigger than themselves.
- The question is not, "Are you following someone?" It's "Who are you following?"
- Boldness and confidence are not the only elements that make up a leader, so before you follow someone, know what he stands for.
- Good leaders live what they believe; they do what is right, even when they know they're going to take heat for it.
- Make it your goal to finish what you begin, and to work as hard as you can – and then some.
- Imagine what your life can be. Fantasize an exciting future for yourself – because if you can't think it, it will never happen.
- The people around you can fill you with hope – or dash it to the ground.
- If you don't grow, you'll stagnate, and leaders who stay the same start becoming followers.
- No matter what your trouble, someone else has been through it, faced the challenge, and come out on the other side.
- With God's help, you can make wise choices – and you will be a chooser, not a loser.
- Consciously choose the people who can help you – and do it daily.
- Everyone has tough times in life – and leaders often face more than followers do.
- Being on the popular side is not important – being on the right side is.
- Don't settle for the world's puny prizes when the Creator of the universe could be your light, your power, your resource, your courage, and your purpose for living.
- Get ideas from people who have been where you plan to go.
- Becoming the leader God wants you to be doesn't take perfection, but it will take all you've got to give.
- The best basis for balance is a life that puts God first, others second, and yourself third.

**Book: Life, Sex, and Everything In Between*

- When trying to make a tough decision, ask yourself these questions: 1. Does it violate one of God's rules? 2. Does this action violate one of man's laws? 3. Am I on the wrong road? 4. Whose advice can I ask? 5. What are the long-term results? 6. What is my long-term plan?
- If you think school is boring, take these steps to help improve your day. 1. Start by planning how you will get through the day. 2. In class, make up some goals for good grades. 3. Make activities part of your school day. 4. Learn effective study techniques.
- When thinking about your future, keep these things in mind. 1. You can put your trust in God. Ask Him for direction and he will direct you. 2. Your parents want only the best for you so don't forget to seek their wisdom. 3. Learn from your past. Analyze it and see what you should do the same, and what you should do differently. 4. Ask yourself, "How does my next decision affect the rest of my life?"

- Want to avoid regrets? Before you do something, ask yourself: 1. Is this the right thing to do? 2. Does it look good in God's eyes? 3. Will this action lead others closer or further from God if they were to watch me? 4. Would I want my actions today written on the front page of tomorrow's paper? 5. Will this activity benefit others or make the world a better place? 6. Will I be doing the best I can? 7. What Would Jesus Do?
- If you are feeling depressed, you need to take some steps to help yourself. 1. Can you do something about your problem? 2. Talk to someone you can trust. 3. Get involved with people who need you. 4. Make yourself stretch mentally and grow emotionally. 5. Don't watch too much TV. 6. Stay busy. 7. Read inspirational, uplifting, hopeful material at bedtime and first thing in the morning. 8. Don't talk with everyday people about your problems. 9. Use positive words. 10. Write a list of twenty things God has blessed you with. 11. Write a list of successes and achievements. 12. Forgive others and accept God's forgiveness yourself. 13. Avoid pornography. 14. Avoid things that will give you a "short high."
- Here are some tips on how to act on a date so you can get asked out again. 1. Be yourself. 2. Don't get physically involved. 3. Don't put yourself in situations where you have to compromise. 4. Treat your date with respect. 5. Demand the very best for yourself. 6. Lighten up and have fun. 7. Ask your date questions about him or herself. 8. Plan fun, interesting dates. 9. Keep conversation alive.
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