

Example Life Lessons for Ages 18 Through College

Contents of this Document

- ▶ **Section 1 – Advice for Parents and Others Who Present Life Lessons** – The Life Lesson process will only be effective if the youth listens to what is said. This Section includes suggestions for how you might convince the youth to listen to what you have to offer. _
- ▶ **Section 2 – Life Lesson Journal** – In future years it will be very desirable for you to know which Life Lessons have been previously presented to each youth. This Section provides a Journal that can be used to document when Life Lessons are presented (which lessons are presented, date presented, reaction, comments, etc.). _
- ▶ **Section 3 – Example Life Lessons** - This Section includes example Life Lessons for this age group. These are intended to be examples. It is our expectation that you will customize the lessons to the current needs of each individual. _
- ▶ **Section 4 – Using Word to Tailor the Life Lessons** – If you have downloaded the .doc version of this document it is relatively easy to use Word to customize the example Life Lessons. Instructions are provided in this Section that will help those not familiar with the "Format Text Box" and "Fill Effects" features in Word. _
- ▶ **Section 5 – Blank Life Lessons** – In addition to the examples provided, this Section includes several blank Life Lessons, allowing you to create new Life Lessons. If you have downloaded the Word version, you can add text as desired. If you have downloaded the PDF version of this document, you may print the blank Life Lessons and handwrite Life Lesson text. _

We want to hear from you

Please tell us about your successes, your challenges, and your ideas.

E-mail us at Comments@LifeLessonNetwork.org

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Section 1 – Advice for Parents and Others Who Present Life Lessons

For the Life Lesson process to be effective, the youth must accept the guidance. The youth is more likely to participate when they realize that in the end they are responsible for every decision they make – and their decisions will shape the person they will become.

We encourage you to reaffirm the importance of the process each time that you present Life Lessons. Here are a few thoughts you might want to communicate when you present Life Lessons. (This is written in terms of the **adult speaking to the youth.**)

- ▶ **You are growing an adult** - Have you ever thought about the fact that you have been growing an adult in yourself? It is very important for you to continue to grow into the adult you want to become.
- ▶ **Your decisions will determine the adult you will become** - In the coming years you will continue to face many difficult situations. The way you react in those situations will determine the kind of person you are - honest/dishonest - caring/selfish - kind/mean – it really is up to you. You are responsible for the decisions you make. And in the end those decisions will shape the adult you will become.
- ▶ **Life Lessons are our opportunity to help you grow** - The Life Lesson process is an opportunity for us to give you advice that will help you make the right decisions at the right time. It is our hope that Life Lessons will help you grow into the adult you want to become.

Section 2 – Life Lesson Journal

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments
<ul style="list-style-type: none"> ▪ Your integrity shapes who you are. You either have integrity or you don't. You are either honest or you aren't. There is no middle ground. _ 			
<ul style="list-style-type: none"> ▪ Take responsibility for your college education. Commit to doing your best and preparing yourself for your career. _ 			
<ul style="list-style-type: none"> ▪ College moves much faster than high school and it is nearly impossible to catch up if you get behind. Get your homework done before you play. _ 			
<ul style="list-style-type: none"> ▪ Let your teachers know you are dedicated to the best grades. Then follow through with your commitment. _ 			
<ul style="list-style-type: none"> ▪ Be strong in your leadership. Offer counsel to those who will benefit from your advice. And always lead in the "right" direction. _ 			
<ul style="list-style-type: none"> ▪ Seek counsel from those who have knowledge and experience that will benefit you. Consider this: If someone asks you for advice, it is likely that you will feel complemented because they value your opinion. Compliment others by asking for their advice. _ 			
<ul style="list-style-type: none"> ▪ Never allow yourself to believe you are better than others. Be confident in yourself, but always respect the differences that make each of us unique. _ 			
<ul style="list-style-type: none"> ▪ "Leap, and the net will appear." - <i>Les Brown</i> _ 			
<ul style="list-style-type: none"> ▪ Never "burn your bridges". You never know when you will need a friend or a recommendation. _ 			

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments
<ul style="list-style-type: none"> ▪ Have the courage to stand up for what you believe is right. Never let other's morals and ethics alter yours. _ 			
<ul style="list-style-type: none"> ▪ Lead with courage and conviction. Be confident you have the power to change the. _ 			
<ul style="list-style-type: none"> ▪ Learn from your mistakes. Use each mistake in your life as a learning experience. _ 			
<ul style="list-style-type: none"> ▪ "Be the change you want to see in the world." <i>Mahatma Ghandi</i> _ 			
<ul style="list-style-type: none"> ▪ Be confident of our love for you. No matter what happens in your life always know that we love you unconditionally. _ 			
<ul style="list-style-type: none"> ▪ Continue your regular dialog with God. Understand the depth of your religious views. Share your thoughts with others of different faiths. Develop an understanding and an appreciation for other's beliefs. _ 			

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments

Section 3 – Example Life Lessons

Your integrity shapes who you are.

You either have integrity or you don't.

You are either honest or you aren't.

There is no middle ground.

**Take responsibility for your
college education.**

**Commit to doing your best
and preparing yourself
for your career.**

**College moves much
faster than high school
and it is nearly impossible to
catch up if you get behind.**

**Get your homework done
before you play.**

**Let your teachers know you are
dedicated to the best grades.
Then follow through with your
commitment.**

**Be strong in your leadership.
Offer counsel to those who will
benefit from your advice.
And always lead in the
"right" direction.**

**Seek counsel from those who
have knowledge and experience
that will benefit you.
Consider this: If someone asks you
for advice, it is likely that you will feel
complemented because they value
your opinion. Compliment others
by asking for their advice.**

**Never allow yourself to believe
you are better than others.**

**Be confident in yourself, but
always respect the differences
that make each of us unique.**

"Leap, and the net will appear."

Les Brown

Never "burn your bridges".

**You never know when you
will need a friend
or a recommendation.**

**Have the courage to stand up
for what you believe is right.**

**Never let other's morals
and ethics alter yours.**

**Lead with courage
and conviction.**

**Be confident you have
the power to change the world.**

Learn from your mistakes.

**Use each mistake in your life
as a learning experience.**



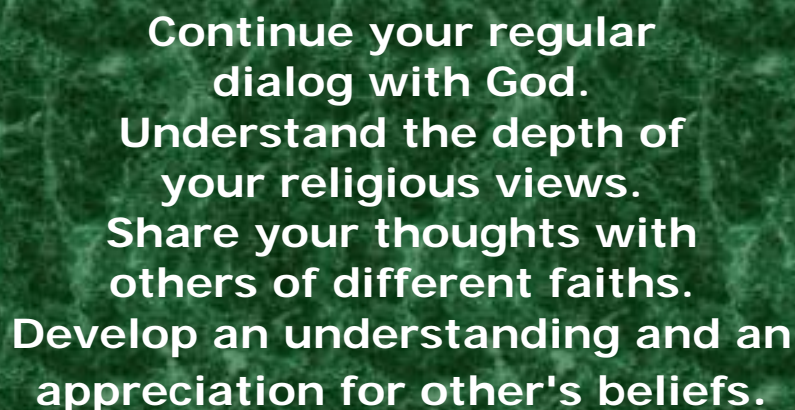
**"Be the change you want
to see in the world."**

Mahatma Gandhi



Be confident of our love for you.

**No matter what happens in
your life always know that we
love you unconditionally.**



**Continue your regular
dialog with God.
Understand the depth of
your religious views.
Share your thoughts with
others of different faiths.
Develop an understanding and an
appreciation for other's beliefs.**

Section 4 – Using Word to Tailor the Life Lessons

We encourage you to tailor the Life Lessons for the specific needs of each youth. If you have downloaded the .doc version of this document you can use Word to make modifications. The following instructions are intended to help those who are familiar with Word but may require assistance with a few of the less-common features.

- ▶ **Changing the number of lines of text within a Life Lesson** – When you change the number of lines of text within a Life Lesson you will also need to change the internal margin for the top of the text (i.e., where the text begins relative to the top of the Life Lesson box). This is accomplished as follows:
 - Right-click the border of the desired Life Lesson.
 - Click "Format Text Box".
 - Click the tab labeled "Text Box"
 - Change the "Top" internal margin as follows:
 - If you have 1 line of text, change to .85
 - If you have 2 lines of text, change to .70
 - If you have 3 lines of text, change to .55
 - If you have 4 lines of text, change to .40
 - If you have 5 lines of text, change to .25
 - If you have 6 lines of text, change to .10

- ▶ **Changing the color of the border for a Life Lesson** – When you change the border color for a Life Lesson you will also need to use the Format Text Box feature. This is accomplished as follows:
 - Right-click the border of the desired Life Lesson.
 - Click "Format Text Box".
 - Click the tab labeled "Colors and Lines".
 - Click the drop-down arrow for "Line - Color".
 - Change the color as desired.

- ▶ **Changing the font or the color of text in a Life Lesson** – When you change the font or the color of text in a Life Lesson you risk a bug in Word that causes the font and/or color of ALL Life Lessons in this document to also change. This can be avoided as follows:
 - Highlight all of the text EXCEPT the punctuation at the end.
 - Right-Click the highlighted text.
 - Click Font.
 - Change the font and/or the color as desired.

- Click OK to save.
- Delete the punctuation at the end (which is still the prior font/color).
- Click somewhere in the text that is the new font/color.
- Now click at the end of the text and then re-key the punctuation.

► **Changing the background color/graphics for a Life Lesson** – Changing the background color or graphics for a Life Lesson also requires use of the Format Text Box feature. This is accomplished as follows:

- Right-click the border of the desired Life Lesson.
- Click "Format Text Box".
- Click the tab labeled "Colors and Lines"
- Click the drop-down arrow to the right of "Fill – Color".
- Click "Fill Effects".
- There are four tabs here that enable you to do many things to the format of the Life Lesson background. Have fun...

Section 5 – Blank Life Lessons

