

## Example Life Lessons for Ages 12 & 13

### 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 child listens to what is said. This Section includes suggestions for how you might convince the child 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 child. 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 child. \_
- ▶ **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](mailto: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 child must accept the guidance. Children are more likely to participate when they understand 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 child.**):

- ▶ **You are growing an adult** - Have you ever thought about the fact that you are growing an adult in yourself? At the end of your childhood you will be an adult. It is very important for you to grow into the adult you want to become.
- ▶ **Your decisions will determine the adult you will become** - In the coming years you will 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.
- ▶ **We won't be there when the difficult situations arise** - We will give you guidance when we are with you and see you making a mistake. But we won't be with you when many of these situations occur. You might be at school, playing or visiting friends when difficult situations arise.
- ▶ **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"> <li>▪ Never think its ok to lie. Not even if a friend asks you to lie to keep them out of trouble. Not even to get yourself out of trouble. Never lie! _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ It is never ok to steal. Not even if you need it. Not even if the person has more than you. Not even if it is from a big profitable company. Not even if it won't be missed. Never steal! _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Successful people aren't people without problems. They are people who have learned to solve their problems. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Have confidence in yourself. Never allow others to make you believe you are inferior in any way. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ "In the middle of difficulty lies opportunity." <i>Einstein</i> _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Just say "no" to drugs, alcohol and cigarettes. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ The harder you work, the luckier you get. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ "Show me who you hang out with and I'll tell you who you are." - <i>Spanish proverb</i> _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Praise loudly. Blame softly. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Life won't always go exactly as you want. Learn to forgive others for letting you down. Minimize disappointments by quickly moving on to the next phase of your life. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Never judge others. Would you want them to judge you? _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ "Hold yourself responsible for a higher standard than anyone</li> </ul>			

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments
expects of you. Never excuse yourself." <i>Henry Ward Beecher</i> _			
<ul style="list-style-type: none"> <li>▪ Lead wisely and others will follow.</li> </ul>			
<ul style="list-style-type: none"> <li>▪ "To know what is right and not do it is the worst cowardice." - <i>Confucius</i> _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Never allow a person's race or religion affect your relationship with the person or your opinion of them. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Never believe that because someone has more than you have, they owe you something. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Never get angry at someone when they offer help or advice and you don't think you need the help or advice. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ When you borrow something from someone, make sure it is returned promptly and in good condition. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Have the courage to think for yourself. Don't ever feel you are required to follow other's lead. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Never believe others are inferior because they don't know something that you know or they don't have something you have. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Don't procrastinate. Never leave projects for the last minute. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ "Learn to accept minor aggravations in silence." <i>Sir William Osler</i> _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ The greatest remedy for anger is delay. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ Pain is inevitable. Misery is optional. _</li> </ul>			
<ul style="list-style-type: none"> <li>▪ "Nothing would be done at all if we waited until we could do it so well no one could find fault in it."</li> </ul>			





### Section 3 – Example Life Lessons

**Never think its ok to lie.  
Not even if a friend asks you to  
lie to keep them out of trouble.  
Not even to get yourself  
out of trouble.  
Never lie!**

**It is never ok to steal.  
Not even if you need it.  
Not even if the person has more  
than you. Not even if it is from  
a big profitable company.  
Not even if it won't be missed.  
Never steal!**

**Successful people aren't people  
without problems. They are  
people who have learned to  
solve their problems.**

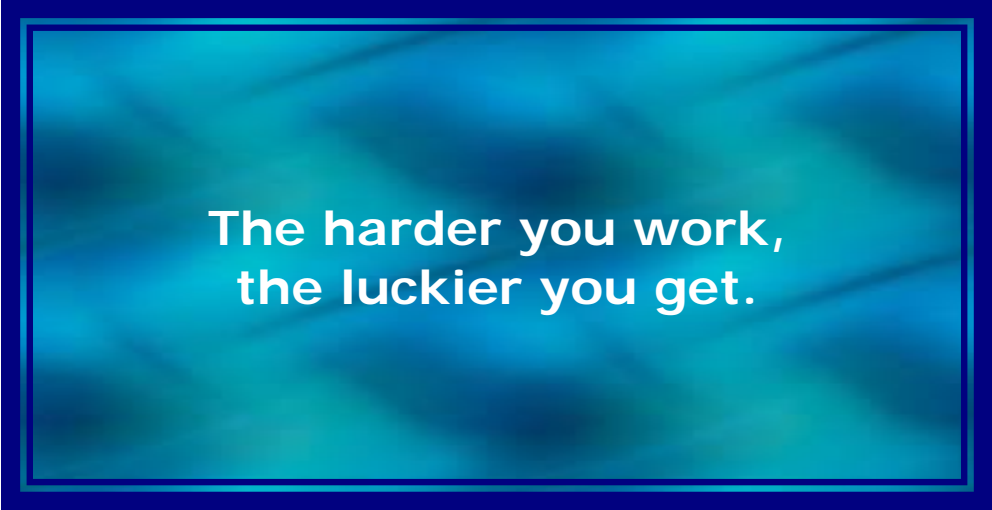
Have confidence in yourself.  
Never allow others to  
make you believe you are  
inferior in any way.

"In the middle of difficulty  
lies opportunity."

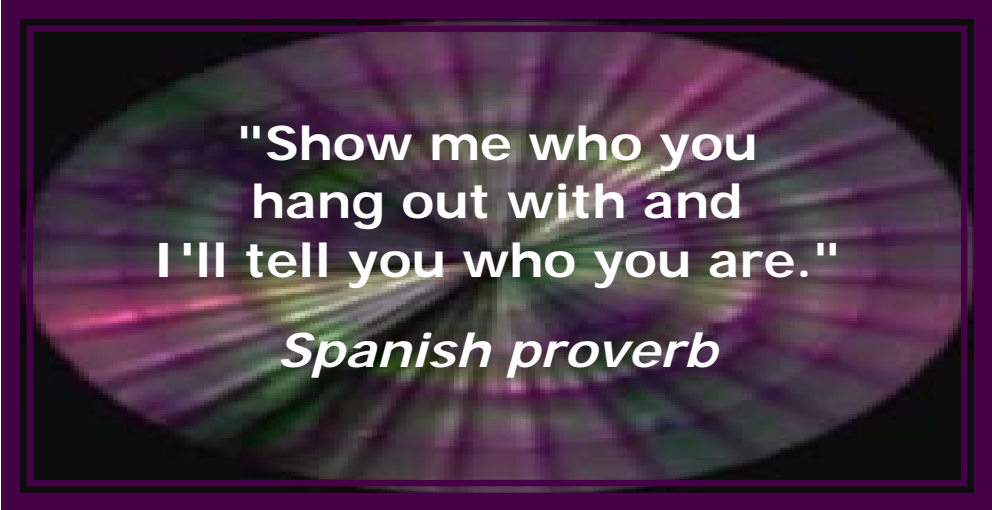
*Einstein*

Just say "no" to drugs,  
alcohol and cigarettes.

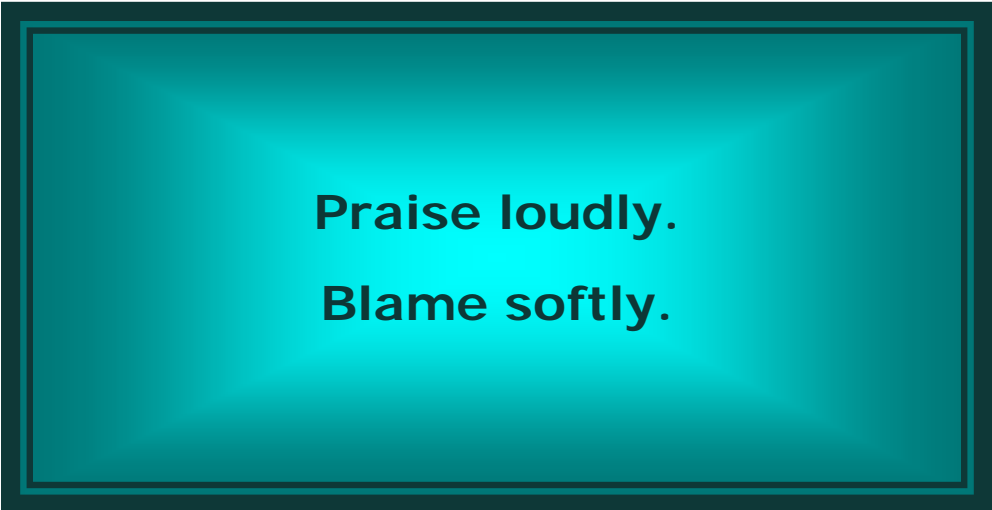




The harder you work,  
the luckier you get.



"Show me who you  
hang out with and  
I'll tell you who you are."  
*Spanish proverb*



Praise loudly.  
Blame softly.

**Life won't always go exactly as you want. Learn to forgive others for letting you down. Minimize disappointments by quickly moving on to the next phase of your life.**

**Never judge others.  
Would you want them  
to judge you?**

**"Hold yourself responsible for a higher standard than anyone expects of you. Never excuse yourself."**

***Henry Ward Beecher***



Lead wisely  
and others will follow.

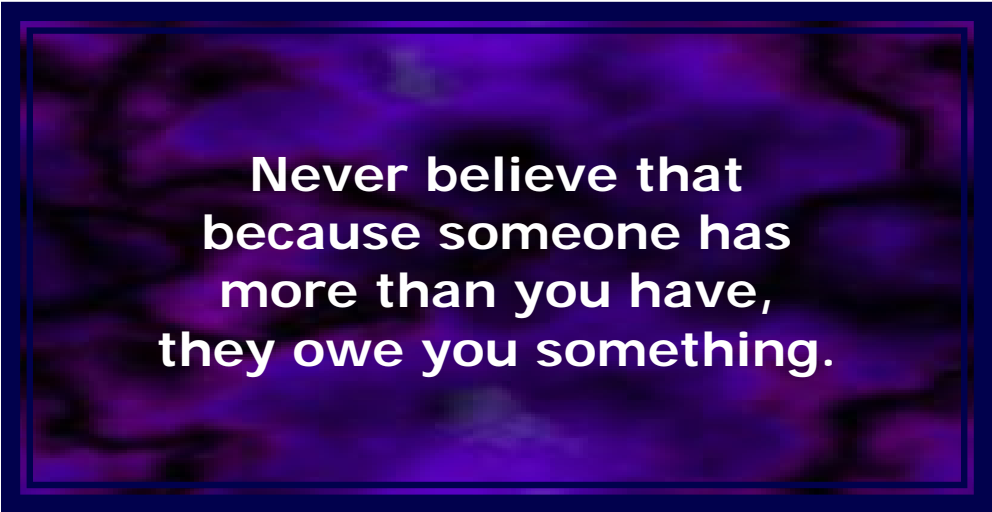


"To know what is right and not  
do it is the worst cowardice."

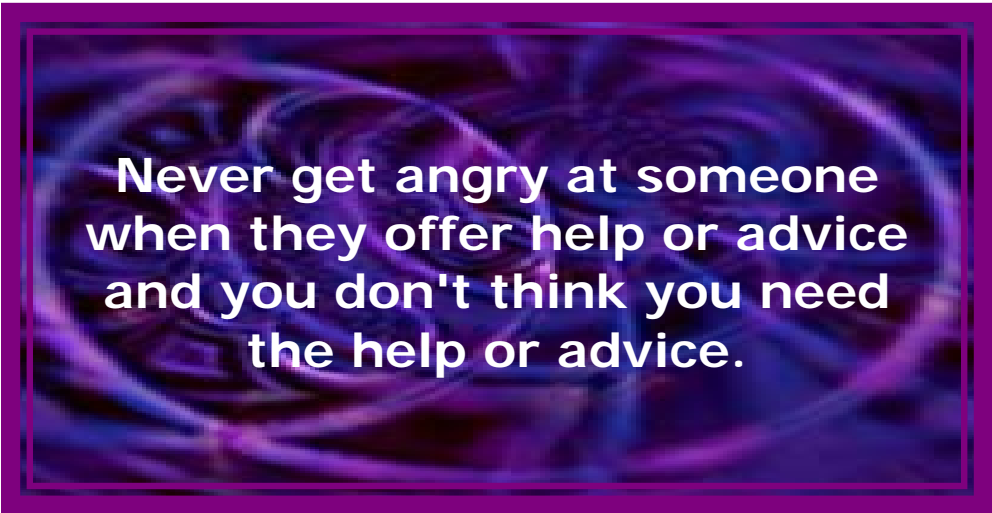
*Confucius*



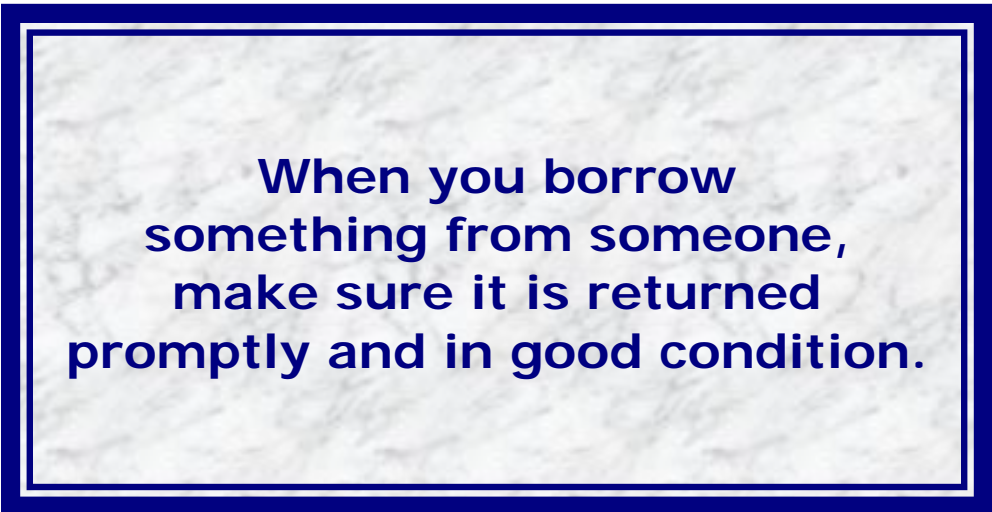
Never allow a person's  
race or religion affect your  
relationship with the person  
or your opinion of them.



**Never believe that  
because someone has  
more than you have,  
they owe you something.**



**Never get angry at someone  
when they offer help or advice  
and you don't think you need  
the help or advice.**



**When you borrow  
something from someone,  
make sure it is returned  
promptly and in good condition.**

**Have the courage to  
think for yourself.  
Don't ever feel you are  
required to follow other's lead.**

**Never believe others are inferior  
because they don't know  
something that you know  
or they don't have  
something you have.**

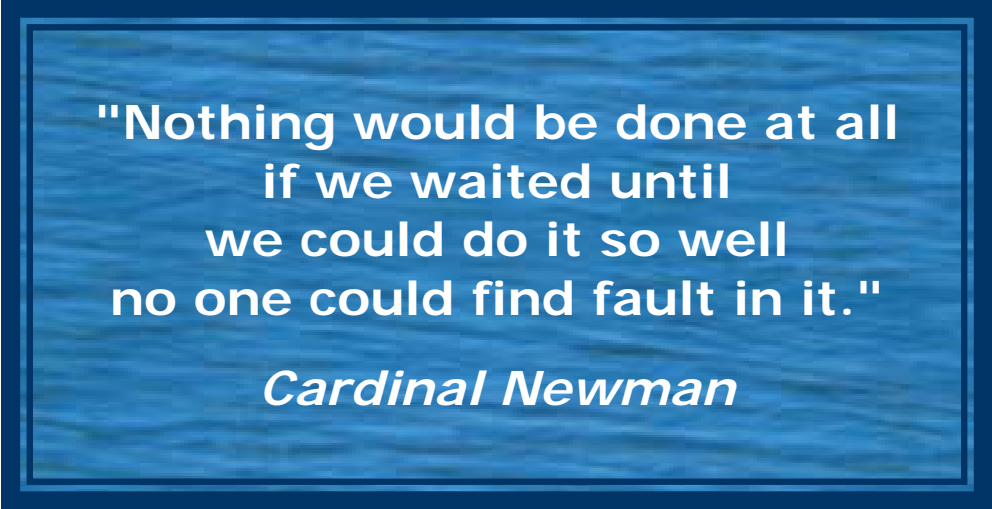
**Don't procrastinate.  
Never leave projects  
for the last minute.**

"Learn to accept minor  
aggravations in silence."

*Sir William Osler*

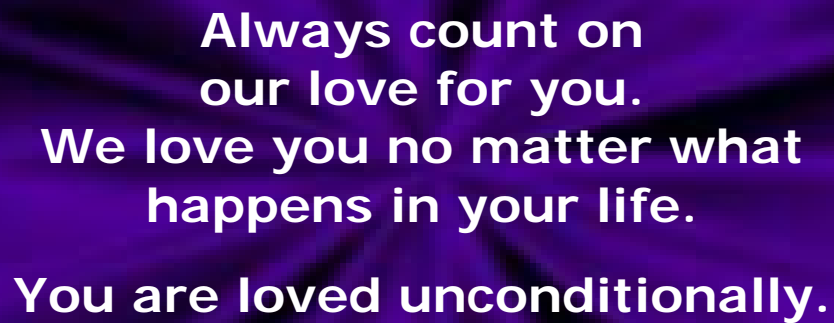
The greatest remedy for anger  
is delay.

Pain is inevitable.  
Misery is optional.

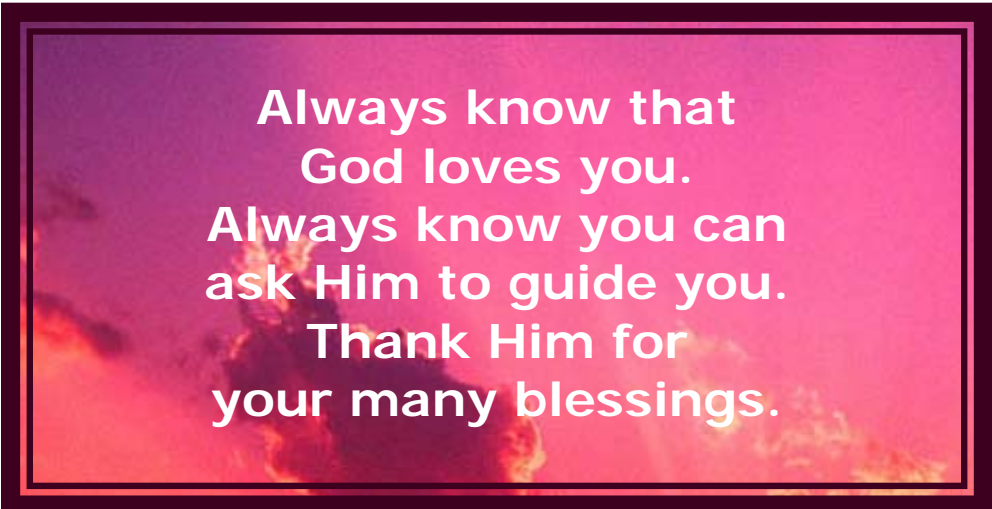
A rectangular box with a blue wavy background, resembling water. The text is centered and written in white. The box has a dark blue border.

**"Nothing would be done at all  
if we waited until  
we could do it so well  
no one could find fault in it."**

***Cardinal Newman***

A rectangular box with a purple background featuring a starburst or sunburst pattern. The text is centered and written in white. The box has a dark purple border.

**Always count on  
our love for you.  
We love you no matter what  
happens in your life.  
You are loved unconditionally.**

A rectangular box with a background of red and orange flames or a sunset. The text is centered and written in white. The box has a dark red border.

**Always know that  
God loves you.  
Always know you can  
ask Him to guide you.  
Thank Him for  
your many blessings.**

## Section 4 – Using Word to Tailor the Life Lessons

We encourage you to tailor the Life Lessons for the specific needs of each child. 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





