

Example Life Lessons for Ages 14 & 15

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

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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"> ▪ Never lie. Even a "white lie" compromises your integrity. _ 			
<ul style="list-style-type: none"> ▪ Never mislead, manipulate or take advantage of anyone. _ 			
<ul style="list-style-type: none"> ▪ Never ridicule or intentionally hurt others. _ 			
<ul style="list-style-type: none"> ▪ Don't procrastinate! Set a date before a project is due. Commit to getting the project done by your due date. Then use the extra time to refine and improve the project. You will be more successful, less apprehensive, and will deliver better results. _ 			
<ul style="list-style-type: none"> ▪ Take responsibility for your education. Go to school every day even if you can get away with skipping. Commit to doing your best in high school and getting into the college that is best for you. _ 			
<ul style="list-style-type: none"> ▪ Don't let desire for popularity or peer pressure push you into anything. The most successful and popular people make their own decisions. _ 			
<ul style="list-style-type: none"> ▪ Smoking is addictive. Once you start you are the victim of the cigarette companies. They add ingredients that make it very difficult to stop. And it kills. Don't smoke! _ 			
<ul style="list-style-type: none"> ▪ Have confidence in everything you do. Believe you can do anything. You can! _ 			
<ul style="list-style-type: none"> ▪ "Modesty is a virtue. Bashfulness is a vice." <i>Benjamin Franklin</i> _ 			
<ul style="list-style-type: none"> ▪ "In the long run we shape our lives and we shape ourselves. The choices we make are our 			

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments
responsibility." <i>Eleanor Roosevelt</i>			
<ul style="list-style-type: none"> ▪ Alcohol causes people to have bad judgment but makes them think they can't do wrong. Alcohol frequently results in situations where a person makes bad choices or someone can take advantage of them. Don't drink! _ 			
<ul style="list-style-type: none"> ▪ Say "thank you" sincerely and often to the many people who do so much for you. Verbalize your appreciation for those who care for you. Never take your blessings for granted. _ 			
<ul style="list-style-type: none"> ▪ "While life occasionally makes it appear otherwise, no one has control over your life . . . but you. Make decisions with care, because in the end, you have only yourself to blame for the outcome." <i>Mercedes Browning</i> _ 			
<ul style="list-style-type: none"> ▪ Don't be naïve. Be careful not to let people take advantage of you. _ 			
<ul style="list-style-type: none"> ▪ Just say "No" to drugs. Even one time can hurt you, make you addicted, or even kill you. _ 			
<ul style="list-style-type: none"> ▪ Be responsible to your employers. When you commit to a job, make sure you follow it through. Always try to exceed your employer's expectations. _ 			
<ul style="list-style-type: none"> ▪ If you do something better than others, be humble. Never believe it makes you better than others. _ 			
<ul style="list-style-type: none"> ▪ Things you say about someone else are more a reflection of you than the person you are talking about. _ 			
<ul style="list-style-type: none"> ▪ "Be bold about your actions. All life is an experiment." – <i>Author unknown</i> _ 			
<ul style="list-style-type: none"> ▪ "If you don't stand up for something, you will fall for 			

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments
anything." - <i>Author unknown</i> _			
<ul style="list-style-type: none"> ▪ Congratulations on a great year in school! Now, commit yourself to even better grades next year. Learn from your mistakes. What would you do different if you had the chance? Be committed to improving. _ 			
<ul style="list-style-type: none"> ▪ Never judge others. Accept people for who they are. _ 			
<ul style="list-style-type: none"> ▪ More is not always better. _ 			
<ul style="list-style-type: none"> ▪ Treat problems as opportunities. Look at problems as the next challenge in your life. _ 			
<ul style="list-style-type: none"> ▪ Approach every situation with the "How can I help" attitude. Look for ways to help others. _ 			
<ul style="list-style-type: none"> ▪ Know that we love you unconditionally. No matter what happens in your life we love you. _ 			
<ul style="list-style-type: none"> ▪ Get comfortable with a dialog with God. Pray regularly. Ask God to guide and protect you. Thank God for your many blessings. _ 			

Section 3 – Example Life Lessons



Never lie.

**Even a "white lie"
compromises your integrity.**



**Never mislead, manipulate or
take advantage of anyone.**



**Never ridicule
or intentionally hurt others.**

Don't procrastinate! Set a date before a project is due. Commit to getting the project done by your due date. Then use the extra time to refine and improve the project. You will be more successful, less apprehensive, and get better results.

Take responsibility for your education. Go to school every day even if you can get away with skipping. Commit to doing your best in high school and getting into the college that is best for you.

Don't let desire for popularity or peer pressure push you into anything.

The most successful and popular people make their own decisions.

Smoking is addictive.
Once you start you are the victim of
the cigarette companies.
They add ingredients that make it
very difficult to stop. And it kills.
Don't smoke!

Have confidence in
everything you do.
Believe you can do anything.
You can!

"Modesty is a virtue.
Bashfulness is a vice."

Benjamin Franklin

"In the long run we shape our lives and we shape ourselves. The choices we make are our responsibility."

Eleanor Roosevelt.

**Alcohol causes people to have bad judgment but makes them think they can't do wrong. Alcohol frequently results in situations where a person makes bad choices or someone can take advantage of them.
Don't drink!**

Say "thank you" sincerely and often to the many people who do so much for you. Verbalize your appreciation for those who care for you. Never take your blessings for granted.

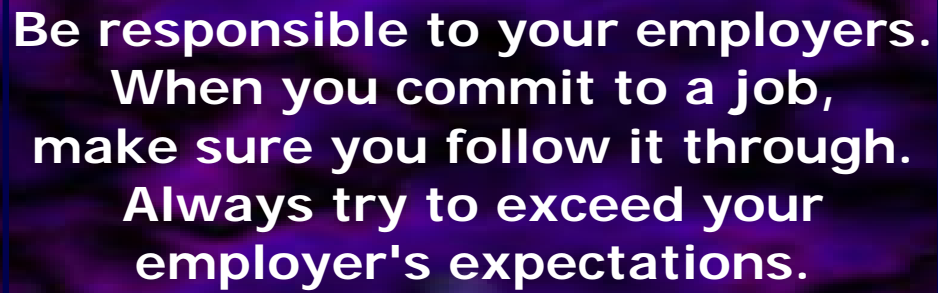
"While life occasionally makes it appear otherwise, no one has control over your life . . . but you. Make decisions with care, because in the end, you have only yourself to blame for the outcome."

Mercedes Browning.


Don't be naïve.

Be careful not to let people take advantage of you.


Just say "No" to drugs. Even one time can hurt you, make you addicted, or even kill you.



**Be responsible to your employers.
When you commit to a job,
make sure you follow it through.
Always try to exceed your
employer's expectations.**



**If you do something better than
others, be humble.
Never believe it makes you
better than others.**



**Things you say
about someone else are more
a reflection of you than the
person you are talking about.**

**"Be bold about your actions.
All life is an experiment."**

Author unknown

**"If you don't
stand up for something,
you will fall for anything."**

Author unknown

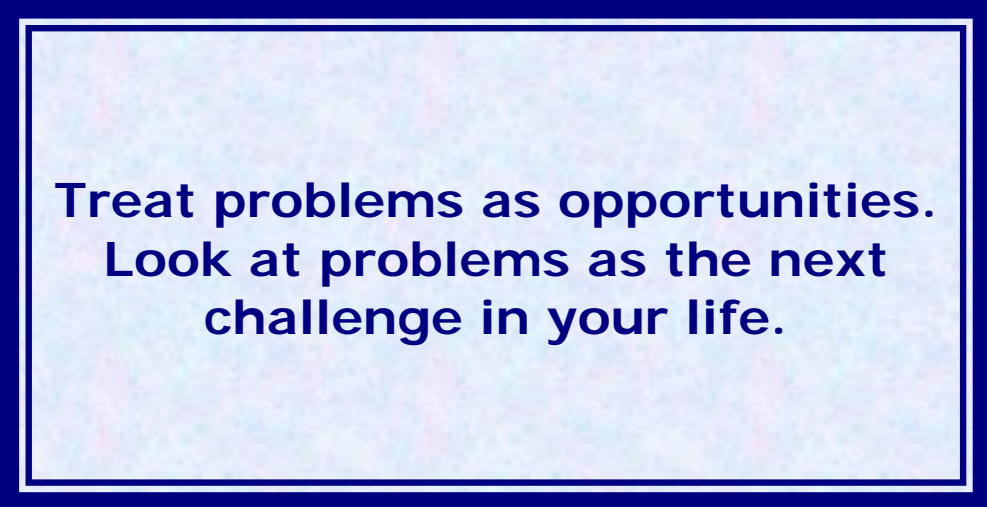
**Congratulations on a great year in
school! Now, commit yourself to
even better grades next year.
Learn from your mistakes.
What would you do different if you
had the chance?
Be committed to improving.**



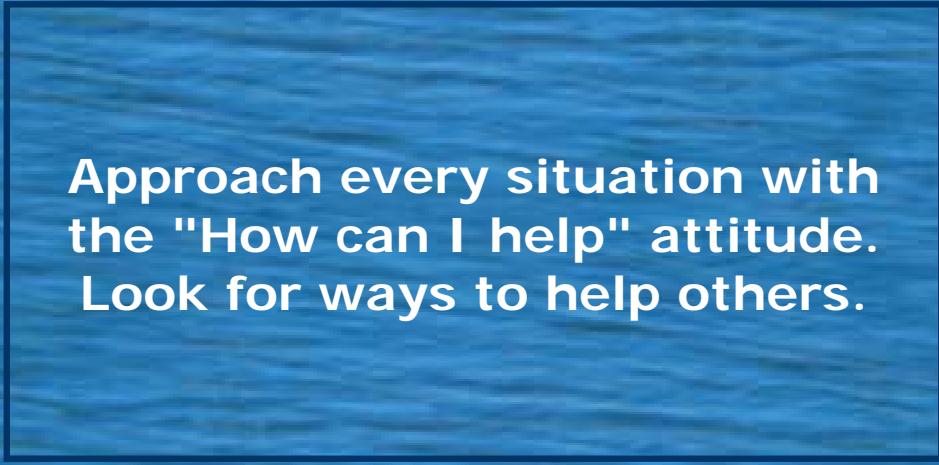
**Never judge others.
Accept people for who they are.**



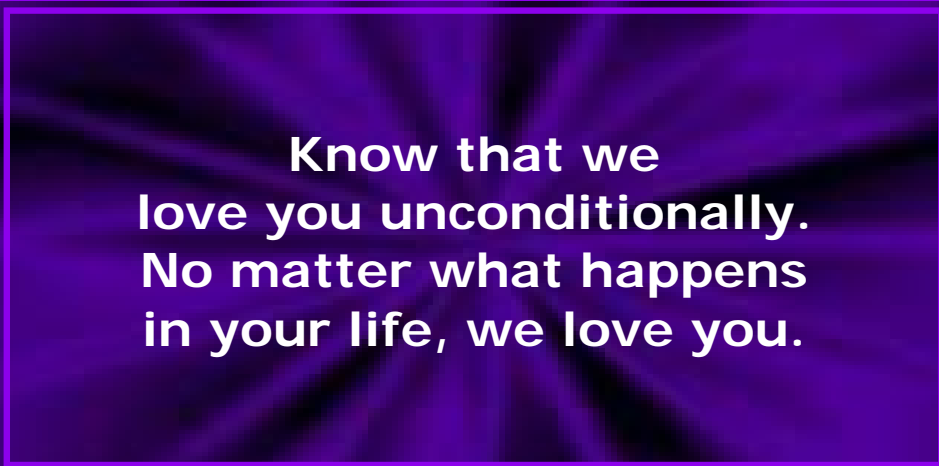
More is not always better.



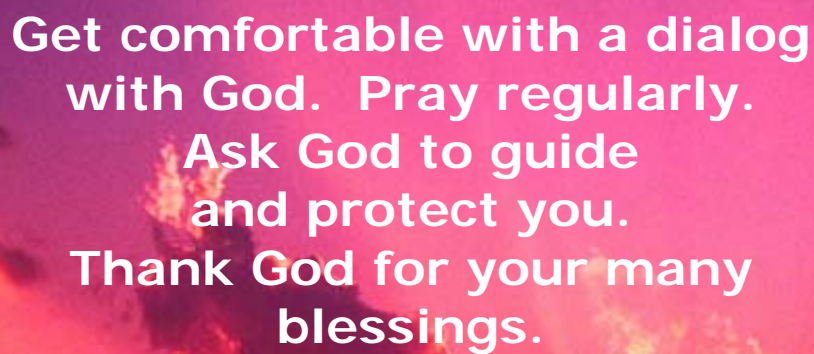
**Treat problems as opportunities.
Look at problems as the next
challenge in your life.**

A rectangular box with a blue wavy background, resembling water. The text is centered in white.

**Approach every situation with
the "How can I help" attitude.
Look for ways to help others.**

A rectangular box with a purple background featuring a starburst or sunburst pattern. The text is centered in white.

**Know that we
love you unconditionally.
No matter what happens
in your life, we love you.**

A rectangular box with a background of red and orange flames. The text is centered in white.

**Get comfortable with a dialog
with God. Pray regularly.
Ask God to guide
and protect you.
Thank God 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





