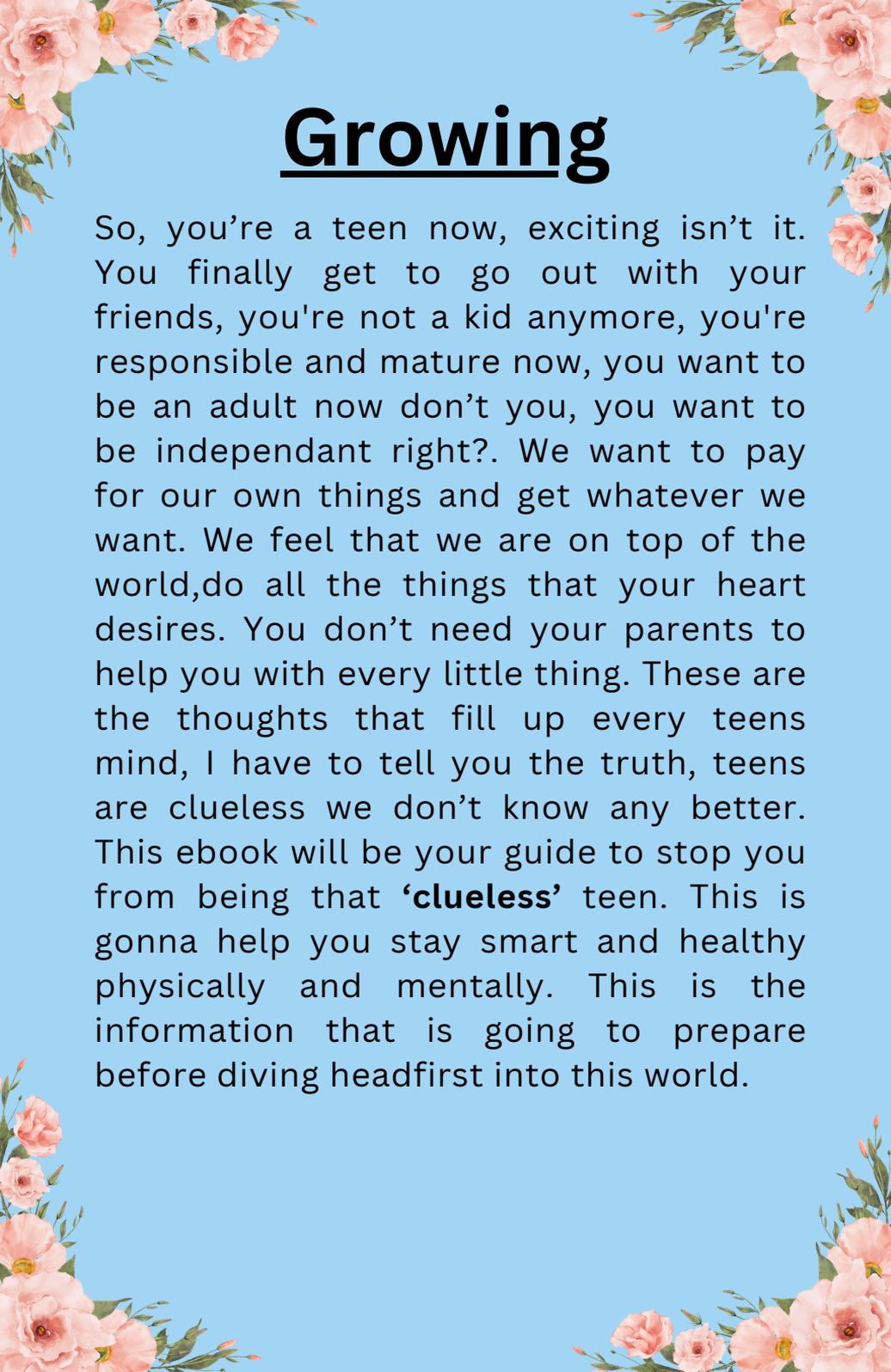


A TEENS
GUIDE TO
SUCCESS

From one teen to another

ALEX PILI



Growing

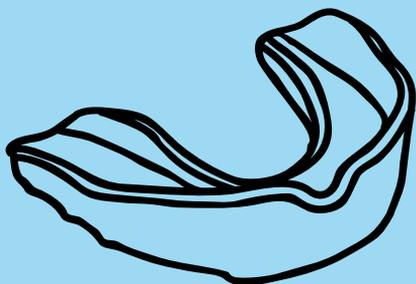
So, you're a teen now, exciting isn't it. You finally get to go out with your friends, you're not a kid anymore, you're responsible and mature now, you want to be an adult now don't you, you want to be independant right?. We want to pay for our own things and get whatever we want. We feel that we are on top of the world,do all the things that your heart desires. You don't need your parents to help you with every little thing. These are the thoughts that fill up every teens mind, I have to tell you the truth, teens are clueless we don't know any better. This ebook will be your guide to stop you from being that '**clueless**' teen. This is gonna help you stay smart and healthy physically and mentally. This is the information that is going to prepare before diving headfirst into this world.

Discovering You

The car pulls up, my hands shaking, teeth chattering. I look in the rearview mirror and see my mum smiling at me. She chuckles and says

“ It will be fine, just be yourself, they seem like really nice kids.” I look at my mum, regain composure and tell myself that I will be fine. I get out of the car only to be stopped by my mum again. “Sweetie!! You forgot your mouthguard.” I grab my mouthguard and run on the field. Preeeeeeeeeeeeep!! The whistle blows. “Training has started now, no mucking around otherwise 5 laps around the field! Got it?”

“Yes coach!” we all echoed back.



I heard a loud beep coming from outside. Then a familiar voice came to my ear. “Jacob honey, we gotta go and pick up your brother, come on” Mum screamed from across the field.

“Ok mum coming” I said in a sad voice. I opened the car door and slammed it closed. “Is everything alright sweetie?” she asked quietly.

“Yep everything is a-okay.”

“If you say so.” Mum stated.



The whole team is panting heavily, me not being able to breath. “ Good job today boys, I expect all of you to be here on Thursday 7pm sharp otherwise you will be doing laps, got it?”

“YES COACH!!” The whole team replied. I go to my locker to put all my gear in when Bang!! The locker door slammed closed. “Get out the way chump!!” Bradley shouted. He gave me a shove, then walked away with the rest of the team following him from behind and bumping my shoulders on the way out. “Man, only the first day of playing for a team and it’s already not looking too good. But they're the best players in the whole comp I can’t leave now” I whispered to myself.



The car pulls up once again and I stare at the field with my eyes gazing at the team. I say to myself “Don't die! Don't die! Don't die!, don't do anything embarrassing, DON'T DIE!!.” "

“Watcha thinking about honey?” Mum asked.

“Just thinking about how I'm gonna dominate this training.”

“That's the spirit,” she said enthusiastically.

I took a deep deep breath then took my first step out the car and proceeded to walk to the field when yet again I was stopped by mum. “Remember sweetie be yourself”.

“Ok bye”.

I made my way to the field while whispering in his head,

“Well how am I supposed to be myself when

I got these brats bullying

me and thinking I'm a loser?”

YOU
got
THIS

Preeeeeeeeep!!!! The whistle blows once again. “ Alright team, be ready for the hardest training that we’ve ever had so get your gear and let’s get started.” “NOOOOOOOO! Why do we gotta do this?” I whispered to myself. I walked to my locker to get my mouthguard, but it wasn’t there. “ Looking for this, CHUMP!” Bradley said in a scary voice.

“ Look I don’t want to cause any trouble, just give me my mouthguard and I’ll get out of your way.” I said nervously.

“How about, NO!” Bradley threw the mouthguard in the bin and punched me on his way past. As my body came crashing down to the floor, the rest of the team followed Bradley and laughed as they kicked me on the way out. I slowly got up from the floor and ran as fast as I could across the field and all the way home with tears rushing down my cheeks.

When I got home I opened the door and slammed it shut with all my force put into it. “Wait honey what happened to your face, why didn't you get me to pick you up” Mum said in a shocked tone. I ignore her, slam my room door shut and jump on the bed, crying. The door slides open and mum sits down on my bed. “Sweetie, please tell me what’s going on, we can talk about this.” “The kids at training were kicking me and punching me and saying that I’m a loser.” Mum gives me the biggest bear hug in the world and whispers in my ear, “I love you so much, don’t let those kids hurt you.”



“Today is the last day I will ever have to play with this horrendous team”

The coach pulled me out of my thoughts with his loud shouting bursting my ear drums. “Come on boys 18-18 2 minutes left on the clock all we need is 1 try to secure this win you can do this” The coach turns around looking deep into Bradley’s eyes. “Champ, here's what you have to do. Get the ball of the dummy half, run around the winger, dummy it to James to make the player from the other team fall for it, then run to the goal post and secure that win for us, got it.”

“You can always count on me, coach”
“That’s my boy.”



We all run on the field, Bradley runs like wind, he scoops up the ball like an eagle and takes off half way down the field only to be squashed in a tackle with the ball flying loose landing into my arms. Without thinking, I run across the field as fast as the flash and dived over the try line, winning the game for us.

The audience cheered with excitement and applause. I turn around to see my mum jumping and shouting louder than anyone in the audience, then I look to my right and see the entire team pissed off, especially Bradley who is still on the floor.



I'm walking over to mum until I feel someone tapping me on my shoulder. "Oh no, here we go again." I think to myself. Then I blurt out, "I'm sorry okay, I didn't mean to score, but this is the sake for the team and I will never bother you ever again and you will never have to see my face ever agai..." Bradley cuts me off with a trail off laughter,

"Dude chill I just wanted to ask if you wanted to celebrate and get milkshakes with us"

"Really!?! I would love tha...- wait, why am I doing this, they put my mouthguard in the bin, they bullied me, punched me. I can't say yes"

I look at Bradley sternly and say,

"Nah, I'm good. Have a good life Bradley." I run over to mum with excitement and suggest that we should go and get milkshakes. "I'd love that," said mum."

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment”

Ralph Waldo Emerson



“In the social jungle of human existence, there is no feeling of being alive without a sense of identity”

Erik Erikson



“Be who you are and say what you feel
because those who mind don't matter
and those who matter don't mind.”

Dr. Seuss



Understanding Hormones

SEROTONIN

Serotonin is a happy hormone. It's a special chemical that helps you feel cool, calm and collected. When you do things that make you happy or spend time with your loved ones, your brain releases serotonin. It's like a nice warm blanket for your mood, making you feel positive and satisfied.

DOPAMINE

Dopamine is a type of neurotransmitter and hormone.. When you do something fun or achieve a goal, your brain gives you a little burst of dopamine. It's the reason you feel motivated, and proud when you do succeed at something or have a good time. Dopamine is a way of saying "Your Amazing"

OXYTOCIN

Oxytocin is a love hormone. It's released when you are very close to certain people like friends, cousins, family and released when you are in love with a certain gender. It's what makes you feel warm, connected and builds a stronger bond when you are around the people you love.

These chemicals work together to help you experience different emotions and build connections with others.

Examples of these hormones

Serotonin

Do things that make you happy, like spending time with you loved ones, going to a party with your friends, going overseas, waterparks, going on a cruise and many more things.

Dopamine

Achieving Goals: Saving a goal and completing it, whether they are daily or weekly tasks. It makes you feel accomplished. Exercising like running, bike riding. Listening to music, your favourites songs that you find pleasant to the ear.

Oxytocin

Physical Contact hugs, cuddling, and other forms of physical touch can release oxytocin. Receiving a massage could release oxytocin. Child labor.

I AM

Healthy

WORTHY AND
DESERVING

Amazing

Joyful

Loved

Strong

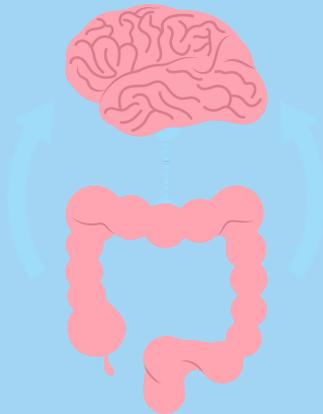
Grateful

Confident

The Gut Brain Connection

What is it and why is it so important?

The gut-brain connection is a communication system that links the enteric and central nervous system. Its role is to monitor and integrate gut functions as well as to link emotional and cognitive centers.



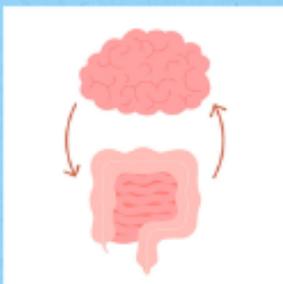
The communication between the brain and the digestive system, opens up new ways to think about important things in your life. All the things like anxiety and depression it's not some chemical imbalance that happens in the brain, those chemicals are created in your gut.

The Gut Brain Connection



The gut microbiome is a community of organisms critical to the maintenance of human health

Most of the serotonin found in your body is located your gut. About 90% of serotonin is in the cells lining your gastrointestinal tract.



Did you know that your gut is connected to your brain? Whatever food you eat that you think is delicious, the brain influences the gut to eat more and more of that food.

The foods that you need to keep your gut and mind healthy are protein like meat and eggs, carbs like wheat, rice, bread and fibres like fruits vegetables



Best Foods for Gut and Brain Health

Instead of this



Try this



"Your gut is the mirror reflecting the state of your mind. Keep it clear and your thoughts will follow."

Emeran Mayer

"THE GUT IS A KEY PLAYER IN REGULATING MOOD, AND A TROUBLED GUT CAN LEAD TO A TROUBLED MIND."

Kelly Brogan

"Your gut health is like the conductor of an orchestra, orchestrating the symphony of your overall health."

Dr. Vincent Pedre

Brain App



Good Morning Alex Pili

Here is your list of tasks for the
day

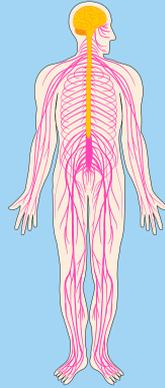
Tasks

1. Run for 30 minutes 2 points
2. 50 push ups and sit ups 3 points
3. Play a puzzle game for 30 minutes 5 points
4. Bike ride 2 hours 10 points

Be ready to wake up for
tomorrow morning

Autonomic Nervous System

The Autonomic Nervous System is a network of nerves that make you do things subconsciously. These are things that without even thinking of it like breathing and your heart beating.



The sympathetic nervous system (SNS) is one of the two divisions of the autonomic nervous system (ANS), along with the parasympathetic nervous system (PNS). These 2 systems work unconsciously in opposite ways to regulate many parts of the body.

What is the Sympathetic Nervous System?

Your sympathetic nervous system is a network of nerves that helps your body activate its “fight-or-flight” response. In stressful and dangerous situations, the sympathetic nervous system helps respond to that by activating the speed of your heart rate and delivers more blood to areas of your body that need more oxygen or other responses to help your get out of danger. This state is not ideal to stay in for long periods of time.



You can help get out of this state by taking deep breaths, go for a walk or punch something like a punching bag or a pillow.

What Is The Parasympathetic Nervous System?

The parasympathetic nervous system is a network of nerves that controls the body's ability to relax after stressful, anxious or dangerous situations. The PNS stimulates the release of saliva to promote digestion and enacts the movement of the stomach and intestines, to help digest food as well as release.



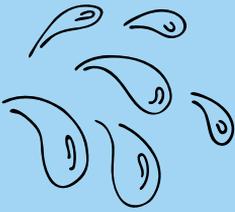
It is proven that the more time we spend in a PNS state, the more healthier we are. It slows our heart and breathing rates, lowers blood pressure and promotes digestion. Our body enters a state of relaxation, and this relaxation breeds recovery.

Autonomic Nervous System

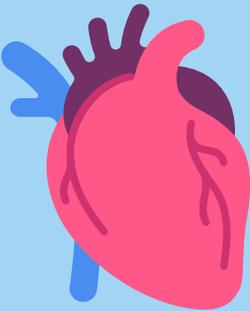
Sympathetic



Pupil
Dilation



Saliva
inhibition

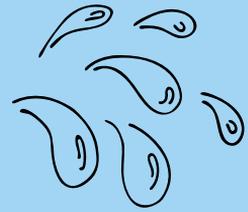


Heartbeat
increasing

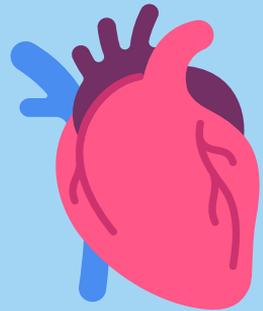
Parasympathetic



Pupil
Constriction



Saliva
Constriction

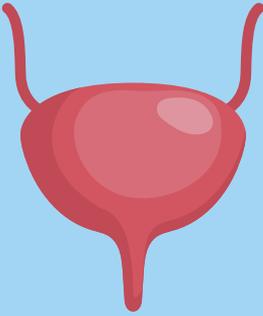


Heartbeat
slowing

Sympathetic



Digestion
Stimulation

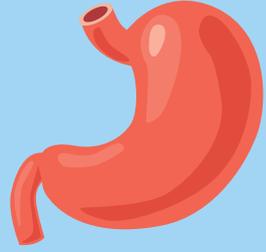


Bladder
Constriction

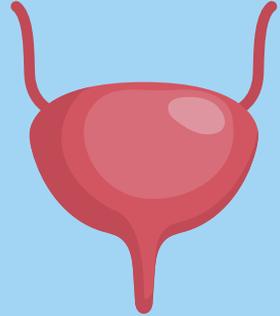


Airways
Constriction

Parasympathetic



Digestion
inhibition



Bladder
Relaxation



Airways
Dilation

Resilience

What is resilience and why is it so important?

Resilience refers to both the process and the outcome of successfully adapting to tough times that you have experienced in the past.

It is the ability to withstand and bounce back and grow despite the situation or downturns.



My Story

After 6 years of intense training and rugby playing. I broke my arm. The injury didn't just stop me from training but also I couldn't contribute to my team and being part of the team which was the most important thing for me. But I didn't let that stop me. Instead of feeling sorry for myself I set the goals. I kept having a positive mindset throughout the months my arm was healing and I kept looking forward to the healing process and continuation of my training afterwards. I knew this was temporary.

How to build resilience



Pushing Past Fears

Fear is an emotion, not a reason. Don't let it stop you!

Knowing when to take a different approach. If plan A isn't working, take plan B



Realising that making mistakes is part of the learning process and only takes you one step closer to achieving your goal.

Navigating the AI world

Too much Gaming



Problem

Do you spend too much gaming? Are you always on social media e.g tiktok, instagram, snapchat?



Solution

Instead of playing a game where you have to look at a screen for it, you could play a board game and there are HEAPS of different varieties to choose from like monopoly, chess, scrabble, checkers etc. Instead of spending your time on social media you could spend some free-time on outdoor activities like hanging out with your mates, doing exercise e.g going for a run or a walk.

Scammers

Problem

Have you ever clicked on a link and saw “free iPhone, click here to find out more?” Have you been asked to give your bank details to win a prize?

All of that is a scam!! So how do we know? you would generally be directed to a website and asked for your details, including credit card details for shipping the ‘prize’



Solution

How can you protect yourself against scams? Limit what you share online. Never give money or your credit card details to someone you don't know. Always keep your bank cards safe. Make sure nobody else knows your pin number and report any unexplained transactions to your bank.

Online Harassment



Problem

Have you ever experienced harassment online?

Have you felt sad, embarrassed, depressed, angry or scared while online?



Solution

How can you stop this online harassment?

Block or unfriend the harasser on social media. Use privacy settings to limit who can see your information and posts. Report the harassment to the platform or service where it is taking place.



I hope this ebook helped as a guide. The future is in your hands now, cherish every moment of your teen years and succeed in life.





About The Author

Hi, I'm Alex, the author of this ebook. I'm 12 years old. I am homeschooled by lions education and I am half Serbian and half Samoan. I would like to thank Amanda for helping me with keeping on track with the ebook and my friends from lions for giving me tips and tricks along the way.

