A Message to Teens

Dear Teen,

Sometimes one message can make all the difference in your life.

Stuart Johnson learned this at age 15 when he was given David Schwartz’s *The Magic of Thinking Big*, which began his own personal-development journey. That book led him to read and listen to other classics, including *Think & Grow Rich* by Napoleon Hill, *Success through a Positive Mental Attitude* by W. Clement Stone, and many others. Through these books and audios, he discovered that working on himself first best prepared him to take on the challenges of business and life. Today, he is a highly successful businessman, the owner of VideoPlus, L.P., SUCCESS Media, SUCCESS magazine, and founder of the SUCCESS Foundation.

Perhaps you received your *SUCCESS for Teens* abridged CD from a parent, coach, teacher, or friend who wants to give you a resource for making the transition from passively waiting for life to happen to actively pursuing your dreams. By listening to the CD and downloading and using the *SUCCESS for Teens* Workbook, it is our hope that the principles found in *SUCCESS for Teens* will provide you with similar “magic” for thinking big in your life.

The Slight Edge

For the past few years, I have made it my mission to help youth receive the fundamental life-skills and personal-development philosophies necessary for success in school and in life. One of the best tools I have found for achieving this is the slight edge philosophy, which was first articulated in Jeff Olson’s bestselling book, *The Slight Edge*. The foundation for the slight edge philosophy comes down to this: You can create any life you want, no matter how difficult it may seem, by understanding how small, positive steps make a difference over time. It’s the things you do every day that don’t even seem to matter… that do matter most. In this book, you’ll learn through the eight slight edge principles that:

- Little Things Matter
- Attitude Is Everything
- Use the Moment
- Everything Starts with Small Steps
- There’s No Such Thing As Failure
- Habits Are Powerful
- You’re Always Learning
- You Can Make Your Dreams Come True

I encourage you to listen to the *SUCCESS for Teens* audio CD and use this Workbook to fully apply the Slight Edge principles to your life. You will come to understand that little things do matter, the choices you make are important, and you can make dreams come true.

John Fleming
Executive Director
The SUCCESS Foundation
www.SUCCESSFoundation.org
Be sure to listen to each audio track on your *SUCCESS for Teens* CD before proceeding to the exercise.

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WHAT DOES SUCCESS MEAN TO YOU?

What does success mean to you? To find out, start with these questions:

✎ What’s important to you?
✎ What do you like to do?
✎ What do you care about?
✎ What things mean the most to you?

After you’ve thought a while, jot down your thoughts in the spaces below.

What are five things you’re good at? List them here.

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________

Now, what are five things you love to do, whether or not you’re especially good at them? (You may end up listing some or all of the same things in your first list. That’s OK.)

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________
Exercise 1

And now, let’s take it a step further, too: What are five things you would do if you could, no matter how outrageous they are, even if you think you’re no good at them?

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Is there something you would have included on that last list, but didn’t because it seemed too far-fetched? Maybe even impossible? If so, write it down here.

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This gives you a pretty good idea of how you define success. But how are you going to get there? By taking small steps. So let’s take the next step.

**Success Starts with Little Steps**

Think of three little things you can do that could lead to success in six areas of your life. Then write them down below. (Remember—they can be small steps! And you can repeat what you’ve written above in the spaces below.)

**For Myself:**

1. 
2. 
3. 
For My Friendships:
1. 
2. 
3. 

For My Health (physical, mental, and spiritual):
1. 
2. 
3. 

For My Wealth:
1. 
2. 
3. 

For My Education and Career:
1. 
2. 
3. 

For My Footprint on the World (what I want to accomplish or how I want to be remembered):
1. 
2. 
3. 

Which of these steps can you take today?
ATTITUDE IS EVERYTHING

WHAT’S YOUR PHILOSOPHY?

If you could sum up in a few sentences how you see yourself and the world, what would you say?

✍ Are you pleased with the way you see yourself? Are there things you want to change?

✍ What about the way you see the world? Is it a welcoming place or a scary one? Or neither?

However you see it, write it down here.

Here’s how I see myself:

_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
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_______________________________________________________________________________________

And here’s how I see the world:

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_______________________________________________________________________________________
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_______________________________________________________________________________________
Now, think about what you just wrote. Why do you think you see yourself and the world that way? Where did your philosophy come from? Write your thoughts below.

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Are you pleased with what you wrote? Surprised? Saddened? Anything you’d like to change? Write your reactions here.

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Maybe you’re happy with what you’ve written. Maybe not. If not, that’s OK—at least you know what needs to be changed. Whatever your philosophy looks like, the key to getting what you want, to creating your dream life, is to make your philosophy work for you and not against you.

**If You Want to Change Your Life, Change Your Philosophy**

But before you can use your philosophy to your full advantage, you have to know what parts of it are working for you and what parts are holding you back. Let’s find out.
On page 7, you described your way of looking at yourself and the world. Look back at your answers. Now, think more deeply about what you wrote.

What parts of your philosophy are helping you achieve success? Jot down your answer below.
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Now, think about what parts of your philosophy don't work so well. Are there ways of seeing the world or yourself that are holding you back or causing problems in your life? Write your answer here.
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How Do You Talk to Yourself?

How you think has a big effect on how you live your life.

Try to remember a time when you were successful at something that was new or really hard. What did you say to yourself after you accomplished it? Whatever it was, try to remember it and jot it down here.
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_______________________________________________________________________________________
Now, think back to a time when you tried to do something really hard and didn't do well. Can you remember what you told yourself? Write it down here.

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Did you give yourself credit for succeeding and believe you could do it again? Or were you very hard on yourself and not confident about succeeding?

Now think about your philosophy and the way you think. Then answer these questions:

How are your philosophy and the way you think related to each other?

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Are your philosophy and way of thinking mostly positive or negative? For example, do you expect the worst or best from people? Do you tend to put yourself down?

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How would you like to change your philosophy and the way you think?

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Use the Moment

PAST OR FUTURE?

Let’s try an experiment to show you two different ways your mind works. Really do this—it’s fun, pretty fascinating, and will take just a few minutes.

First, take a comfortable, seated position and look down at the floor, at a spot right between your toes. Take a few deep breaths, and then, staying in that position, take the next two minutes or so to think about your life. Anything and everything in your life—it doesn’t matter what, just whatever comes to mind.

All right? Go.

What did you think about? Jot it down here.

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Now, clear your mind, get up and walk around for a minute, then come back and do the second half of the experiment.

This time, take that same comfortable, seated position, only tilt your head up so that you’re looking at the ceiling. Take a few deep breaths, and then think about your life over the next two minutes or so—again, it doesn’t matter exactly what you think about, just focus on whatever comes to mind.

All set? Go.
What did you think about this time? Jot it down here.

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Now, how did those two experiences compare? Did you think about pretty much the same things both times, or were they different?

For example, during the first part of the experiment, did you find yourself thinking about the past? Did any regrets come to mind? Did you find yourself thinking about things you could have or should have done differently?

During the second part, when you were looking up at the ceiling, did you find yourself thinking about the future? Were your thoughts and feelings more positive?

If so, you’re not alone. Most people find it’s pretty hard to not start thinking about the past when looking down. And when looking up, it’s hard not to think forward into the future, about hopes, ambitions, and aspirations. It just seems to come naturally.

The point is this: Looking behind you will cause you to feel and act much differently than if you look to the future (and make plans to make it the best).

**A Look in the Mirror**

How do you view your present circumstances—your family, school, friends, neighborhood, and state of mind? What’s going well? What’s holding you back?

Think about each part of your life listed below. For each, do you tend to see yourself as at the mercy of what happens (not taking action), or someone who is in charge of what happens (ready to take action)? Be as honest as you can with this—and if you don’t like any of your answers, don’t worry: We’re going to show you how to change them!
Exercise 3

For Myself:

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For My Friendships:

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For My Health (physical, mental, and spiritual):

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For My Wealth:

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For My Education and Career:

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For My Footprint on the World (what I want to accomplish or how I want to be remembered):

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Perhaps this exercise helped you see where you need to take action. Lots of times we wait for a lucky break. But good things will happen if you start to take little steps to achieve your goals.

So let’s start taking those steps.
Everything Starts with Small Steps

THE POWER OF SMALL STEPS

Think about something you had to do in the past that seemed impossible—a project at school, saying sorry to a friend, or participating in a sporting or outdoor event. It should be something that you thought you couldn't accomplish but did.

Describe how you felt when you first thought about tackling this big thing in your life.

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Now, looking back, think about the small steps you took to tackle this challenge and how you felt afterward. Describe those steps and feelings here.

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After it was over, did the challenge seem as hard as it did at first? Did you get the confidence to tackle other hard challenges? Did you give yourself credit for succeeding?

**A Single Step You Can Take**

Previously, we asked you to describe three steps you could take in each area of your life to reach your goals. Now you can narrow it down even further—what is one simple thing you can do in the next 24 hours that would help you reach your goals in the following areas (just one thing).

Have fun with this—be creative!

**For Myself:**

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**For My Friendships:**

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**For My Health (physical, mental, and spiritual):**

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For My Wealth:
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For My Education and Career:
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For My Footprint on the World (what I want to accomplish or how I want to be remembered):
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Hold on to your ideas. When we get to the last exercise, you’ll start using them.

(But if you want to put them into action right now—go ahead!)
The Key to Success is Failure

Let’s look at your own life. Think back to something you failed at (or thought you failed at). It could be a test in school, the first time you tried a new sport, or anything else that didn’t go as you expected.

Describe what happened here.

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Think for a moment about what you’ve written and answer this question: What did you learn from that experience? Did anything positive come out of it, no matter how small? Write your answer here.

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18
Now ask yourself: What did I learn from this experience that I can use in the future? What can I do differently next time, either in the same situation or a different situation? Write it down here.

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Do you look at your “failure” in a different way? Do you see positive ways to use “failure” in the future? Jot down your thoughts.

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WHAT ARE YOUR HABITS?

Think about the habits you have. Don’t judge whether they’re good or bad habits—that’s not the point right now. Merely describe below the habits you have in doing your schoolwork, relating to friends, deciding what to wear or eat, what music to listen to, or in any other area of your life.

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_______________________________________________________________________________________
_______________________________________________________________________________________
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Now, are there any habits you want to change? Again, don’t judge them or put yourself down. Just list below the habits you’d like to try to change.

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_______________________________________________________________________________________
Starting New Habits

Reflect on changes you’d like to make in your life. But forget about changing old habits. Instead, what new habit or habits can you start in each area of your life?

New habits I can start for myself:
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_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________

New habits I can start with my friends:
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_______________________________________________________________________________________
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_______________________________________________________________________________________

New habits I can start for my health (physical, mental, and spiritual):
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_______________________________________________________________________________________
New habits I can start for my wealth:

_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
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_______________________________________________________________________________________

New habits I can start for my education and career:

_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________

New habits I can start for my impact on the world (my accomplishments or how I will be remembered):

_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________

Which new habit would you like to start first? Can you start it today?
TAKE ADVANTAGE OF OPPORTUNITIES

What new skills or new opportunities would you like to have? Jot down your thoughts here.

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_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________

Find a Mentor

A mentor is an adult who can help you learn a skill or gain a certain kind of knowledge.

Is there an adult who can help you achieve what you want? Who is that person? What would you like to learn from him or her?

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_______________________________________________________________________________________
**Adjust Your Course**

Are there ways you need to “adjust course” in your life—to change the way you see things or do things? What are they?

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What steps could you take to adjust your course?

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_______________________________________________________________________________________
MAKE YOUR DREAM INTO REALITY

To reach the specific and tangible goals that make up success, there are four steps you need to follow.

✎ You must picture it vividly.
✎ You must look at it every day.
✎ Understand and pay the price.
✎ Start with a plan.

Picture It Vividly

Choose a dream you have, any dream—an accomplishment, a triumph, your dream house, dream car, dream job, the relationship of your dreams. Look back at the answers that you wrote after each exercise. Keep choosing until you have five dreams. Jot them down here.

My Five Dreams

1. 

2. 

3. 

4. 

5. 
**My Five Dreams in More Detail**

Rewrite the same five dreams below, only this time add whatever words you need to make each one as specific as possible. Picture it vividly—and make that picture real and here and now.

1. 

2. 

3. 

4. 

5.
When Will You Accomplish Your Dreams?

The next question is, “By when?” In the spaces below, write out each of those five dreams one more time, this time adding words that answer the question, “By when?”

I Will Accomplish My Five Dreams By…

1. __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

2. __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

3. __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

4. __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

5. __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
Create a Dream Board

Another way to make your dream vivid is to find a bunch of pictures that represent the things you want to accomplish and make them into a collage. You can cut pictures out of magazines, print them off the Internet, or take photos of things you want. Use the pages here to create your “dream board.”
Look at It Every Day

In the space below, write out a list of declarations that you can say to yourself every day about each of your five dreams.

My Dream Declarations

1. 

2. 

3. 

4. 

5. 
Start with a Plan

You have to start with a plan. Whatever you can dream, you can do. So do it! Write out your plan for each dream below, being as specific as you can.

My Plan for Reaching My Dreams

1. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
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3. ____________________________________________________________
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4. ____________________________________________________________
   ____________________________________________________________
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5. ____________________________________________________________
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   ____________________________________________________________
Small Steps I Can Take Every Day to Reach My Dreams

Think about your five dreams. Now, for each dream, think of small steps you can take each day to begin making them come true.

1. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. ____________________________________________________________
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3. ____________________________________________________________
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Exercise 8

4. _______________________________________________________________________________________
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5. _______________________________________________________________________________________
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Now, start pursuing your dreams today!
Books and Audios

As a Man Thinketh, James Allen

A Fortune to Share, Paul J. Meyer

Life Strategies for Teens, Jay McGraw

The Magic of Thinking Big, Dr. David J. Schwartz

The Power of Positive Thinking, Norman Vincent Peale

The Seasons of Life, Jim Rohn

The 7 Habits of Highly Effective People, Stephen Covey

The 7 Habits of Highly Effective Teens, Sean Covey

The Six Most Important Decisions You’ll Ever Make, Sean Covey

The Slight Edge: Secret to a Successful Life, Jeff Olson

Success Through a Positive Mental Attitude, by W. Clement Stone

Teens Can Make It Happen, Stedman Graham

Think and Grow Rich, Napoleon Hill

You Call the Shots, Cameron Johnson and John David Mann

You Can If You Think You Can, Norman Vincent Peale
NOW THAT YOU’VE COMPLETED
THE SUCCESS FOR TEENS WORKBOOK,
STAY ON YOUR PATH TO SUCCESS!

Sign up for the SUCCESS for Teens e-zine at www.SUCCESSFoundation.org.

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