

THE 4 NEEDS 4 TEENS

THE TEENS GUIDE FOR GETTING OVER \$#IT





The 4 NEEDS 4 TEENS
is a guide to assist teens
with getting over the stuff
they're bombarded with
every day and **find their**
BOUNCE.

THE 4 NEEDS

The **NEED** for **Acceptance**

The **NEED** for **Meaning**

The **NEED** for **Love**

The **NEED** for **Destiny**

If you're a teenager, a young person, a parent, a youth worker or a teacher, this e-book will help you understand teens and help ignite a whole new generation of powerful world changers!!!'

Understanding **The 4 NEEDS 4 TEENS** will empower you to be the difference in the world that you are meant to be.

1

THE NEED FOR ACCEPTANCE!

Hang with the right crowd

Stop hanging out with the wrong people – the people that put you down, tell you that you're worthless, tease you and make fun of you.

Yes, these people can be the popular ones, the ones that everyone wants to hang with. We crave the need to be accepted by people like this, and yet most of the time they put us down.

Get over it!

These are the wrong people to hang out with because they can't even accept themselves.

They search for opportunities to put others down, which makes them feel accepted and loved.

You can do better.

Search instead for people with whom you can be yourself, without faking a personality. This is the starting process for feeling accepted.

Learn to accept yourself

It's hard to value yourself, find your strengths and learn what you're good at.

But it's important to keep learning, and come to know the weird and wacky ways that we all have!

When you're worried about how you look or react in certain situations, rather than enjoying the moment, this is a sign that you're not accepting yourself.

So remember:

You are **AWESOME**.

You're a **UNIQUE** creation – no-one has ever been created in the same **SPECIAL** way.

You are **BEAUTIFUL** and you are **GREAT!**

Learn to believe this. Accept it.

Accept **YOURSELF**.



Self-esteem is healthy

Enjoy your strengths and start to believe that you are good ... even brilliant.

Some of us have been taught that strong self-esteem means being too proud or arrogant.

This isn't true.

Self-esteem is healthy, and an important step in discovering how awesome you really are.

Be real about your strengths.

Start to walk in a way that makes you proud to be you.

Understand the craving for acceptance

We all crave acceptance daily. Acceptance soothes our doubts, cures our loneliness and minimises our insecurities.

Acceptance is a basic human need, and the greatest way to begin your journey to accepting yourself is to be yourself.

Just be yourself.

Your personality is natural.

We can all act out and fake it, but this isn't a healthy way to gain acceptance.

Sometimes it might seem easier to be the person everyone likes and wants to hang around with.

But the reality is that not everyone in the world is going to love everything about you.

You are **DIFFERENT**.

You are **SPECIAL**.

Love that about yourself and be the person you were born to be, naturally.



2

THE NEED FOR MEANING

Identity

You are not alone.

Everyone has to search for their own sense of identity.

So take some time, search for yourself, and find out what you stand for, what you believe in.

People spend more time planning their holidays than what they want to do with their life!

If you don't stand for something ... you'll fall for anything.

The search for meaning begins with your understanding of your identity.

So spend some time, write things down ... discover yourself.

Searching for Truth

What is Truth?

We like to know what's true and what's false, yet how many of us get sucked into believing the tabloids?

Instead, find *your* truth.

Research what's true and what's false for you. Don't listen to the cultural messages around you.

You're not ugly – you're beautiful!

You're not a failure – you're awesome!

People don't hate you – people love you.

Crash forward

Having meaning in your life means always having a purpose.

Remember, there's a reason why you're doing what you're doing right now.

We all have our failures, problems and crashes along the way in life, but we need to keep thinking *forward*.

If you have a purpose, you can always pick yourself up and bounce back. You can do more than that – you can bounce forward!



But why?

Do you ask yourself this all the time?

Why do I have to conform? Why do I have to be normal? Why should I listen?

The greatest gift we're all given is freedom of choice.

You choose everything. You choose to listen; you choose what you do.

No-one can force you to do anything. This is not to say there won't be consequences for *your* choices, but they are your choices.

So this is why.

Because you choose it.

Making sense of it all

Trying to make sense of life can drive you crazy.

The ups and downs, the highs and lows. How can we find meaning in all this mess?

Here's the thing: you don't have to.

The world doesn't come with an answer for everything.

But it does come with guaranteed control over yourself, even when everything else is uncertain.

You have one big responsibility:

You.

Deal with that and move on.



THE NEED FOR LOVE

1 is the loneliest number

We were born to connect with people.

If you see someone that is a loner, why don't you try to befriend them? Connect with them – give them an opportunity to be your friend. It may not work, but it just might.

If you find that you're lonely and need some company, try to just be nice to people. People are more interested in you than you think – be yourself and let it happen.

Faking love

We can achieve very little by being fake. And we can only fake things for so long – eventually we get caught out, or we just get tired of it.

Be real about yourself, your feelings, your personality. Be true to yourself.



Searching for love

We're all eager in our own ways to be loved, or to love someone.

Yet acting desperate can damage relationships. It's not far from 'desperate' to 'stalker' or 'walkover'.

Instead of feeling worked up and desperate, focus on yourself, and be real about your situation. Ask your friends for advice and encouragement.

And treat others with the respect that you'd like to get for yourself.

The danger of loving nothing

Some people can get into a frame of mind of 'I don't care about anything'. You may have met or been friends with someone like that.

Underneath that 'I don't care' attitude, the reality is that everyone wants to be cared for, even if they don't show it.

You can help your 'I don't care' friends by showing an interest in them. It might be hard and they might reject you. But if you show commitment and consistency, eventually they'll come around.

Whether it's a relative, a boyfriend, a girlfriend or your next-door neighbour, we all have the capacity to love and be loved.

4

THE NEED
FOR
DESTINY

Born wild at heart

Most people are born with a natural tendency to be a little wild, though some more than others, of course!

But equally, so many of us lose this risk-taking drive, and start to settle for safety and security (what I sometimes “call ‘boredom’”).

So remember:

We’re born to be adventurers and risk takers!

Some people will advise you to have one focus in life, one career.

I say try everything you want to try!

Go for it – be a little wild, a little crazy, and create the life you’re meant to live.

Dreams of flying

Did you know that we all dream of flying? You may not remember the last dream you had of flying, but we all have this dream.

I believe it’s a sign that we want to bust out and discover newness and excitement in our lives.

A life of freedom and excitement is something our souls long for.

Hope and faith

Our need for destiny must be matched with hope and faith.

Believe that you can achieve; have faith that anything is possible. Faith is the substance of things hoped for, the evidence of things unseen.

We can't see into the future, but it is there for us to create now. We can imagine and dream that our future will come to pass.



Born to be creators

Living our destiny requires us to be creators.

Many people go through life copying everyone else, and we all slowly become 'normal' and the same.

Who wants to be normal? Who wants to settle for mediocre?

We're born to be creators, made to be significant. We're all change agents, able to move mountains and shift the world.

Own this space.

Embrace change.

Remember:

“Our greatest fear is not that we are inadequate.

Our greatest fear is that we are powerful beyond measure.”

Marianne Williamson

Desire

Cultivate a desire to be the best you can be.

Doing your best at everything you put your mind too, helps you not to regret or feel bad about what you have or haven't done.

If you do your best at everything, you'll soon notice that you have talents. And talents will soon turn into brilliant gifts.

This is your destiny.



SIGNIFICANCE

I'm finishing off with this point for a reason.

Understanding The 4 NEEDS 4 TEENS means coming to see that you are significant.

In my work, I'm passionate to see people around the world not just chasing a fatter wallet, bigger car or better holiday ... not just being self-centred in other words.

I'm passionate to see you be the significance in the world that you were born to be.

The true meaning 'significance' is 'making a difference in others' lives'.

You can do this.

Be different, make a difference...
the world wants and needs you to do so!



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