

Own Your  
Tomorrow  
Teen eGuide

Gregg Michaelsen

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## Introduction

Hi, I'm Gregg!

I am so excited to see you've decided to download this eGuide! This eGuide has been adapted from a book I wrote for my adult female clients called *Own Your Tomorrow: 14 Steps to Prepare for Love*. Obviously, you aren't preparing for love, so I had adapted the tips in that book to be more appropriate for the things going on in your life right now. If you learn these skills and implement these tips now, you will be miles ahead of your friends as you grow older.

Inside these pages, you will find many suggestions which will add a lot of great things to your life. Build these habits now and your life, moving forward, will be less stressful and chaotic.

## Establish a “Chick Retreat”

I am a firm believer that everyone needs a quiet space they can go to when they need to de-stress, think things over, or in your case, study. This is especially true if you share a room with a sibling or have younger brothers and sisters who like to bug you when you want quiet time. Guys usually call a place like this a man cave, and women, especially women who are mothers, often are so busy that they don't have this type of space.

It may be difficult for you to set up this kind of space in your home, but I think we can figure something out. Your chick retreat doesn't need to be a large space. It can be something as simple as the bathroom with some really great-smelling bath bubbles and your favorite music on your phone. It can be a corner of your closet where you pile up a few pillows and hide away for a while. It can be in a big papasan chair with your headphones and Netflix or some music.

Think of this space more as a way to chill than some large, luxurious space. For me, I like to crank up the tunes and get lost in the music when I'm feeling stressed. Other times, I crawl into my hot tub, close my eyes and just relax with the bubbles. Try a few things out and see what works for you!

## Stop Being Your Own Worst Enemy

I am always amazed at how critical women are about themselves. You guys are so hard on yourselves, it makes me sad! I have a video I want you to watch. Maybe you've seen it before, but it carries an important message and I would like you to watch it again.

[Dove Real Beauty Sketches](#)

Here's the thing about that video. It highlights what I said above. Women, even young women such as you, are very hard on themselves. You look in the mirror and you see every flaw you think you have. Since you see these things in yourself, you believe everyone else sees them too, but you're almost always wrong. You may see bangs which are too short, but someone else may like how those bangs show off your beautiful green eyes. You may hate the color of your hair, but someone else might be jealous of the beautiful copper color you have without even trying!

Today, I ask you to look in the mirror and see yourself in a different way. Look beyond the bangs, the eye-lashes you think are too short, the nose you wish you didn't have. Look down into the real you lurking inside. Smile and enjoy how it lights up your face. Think about the good things you do in your life. Embrace the things about you which make you different from everyone else. Embrace what makes you unique. That is what some guy, some day, will love about you, and it's what your friends today love about you.

## What is Your Vision for Your Life?

You might think you're too young to be thinking about the future, but let's frame the future in the right way first. Your future is anything past this moment, right now. Your future can be the after-school or summer job you want to get to earn some extra money. Your future can be the prom dress you're saving up to buy or a class you want to take in photography. It can be the college you want to go to when you graduate or any number of other things. It doesn't have to be about how you want your life to be in 10 years.

What is important here is for you to start learning how to think ahead and make plans - to work toward goals. In the book, you read about goals and how working toward goals is important in your life. It helps you focus and set priorities.

Today, think about the rest of this school year, or if its summer, think about the upcoming school year. What do you want to accomplish? Would you like to join some clubs? Do you want to try out for a sport or run for a position on the student government? What types of grades do you need to get to get into the college you're looking at? What classes might you be able to take in high school to count as college credit?

Make some future plans - write down some things you want to get out of life over the next few months. As time passes, continue making new plans and adjusting or completing the plans you've already made. It becomes a great cycle of setting goals and accomplishing things. You develop a habit some adults never learn.

## How to Find Your Spirituality

Spirituality means something different to everyone. For some, it is their religion. For others, it may be meditation. For me, it is about finding my inner strength. It is about getting one-on-one with myself. One of the most spiritual experiences I've had recently was when I took a walk in the woods right after a good snow. I live in Boston, and a couple of years ago, we got hit really hard with massive snow! Luckily for me, I had received a pair of snow shoes as a Christmas gift, so I strapped them on one evening and went walking in the woods behind my home.

If you live where it snows, you know how peaceful and calm it can be after a good snow. The sky is bright from the glow of the snow off of the moon. Nobody is out because the roads still need to be plowed, and it's just about as peaceful as it could possibly be.

I'm not suggesting you take a walk in the woods by yourself, in fact, I encourage you not to do this as it may not be safe. I am suggesting, though, that you spend some time in your chick retreat or take a walk around the neighborhood. Go for a run or take a bike ride. There are many activities you can do which put you in touch with your inner self. You have to decide you're not going to think about anything. Just close your brain off for a while. When thoughts come up, set them aside. Just focus on enjoying what is around you. Take in the beauty of whatever nature is around. Listen to the birds or the rushing water of a nearby creek. Pause and listen to the fountain in the pond or listen to the frogs croaking.

Don't dismiss this activity as being corny or silly. If you start to allow yourself this time to just be, you will reach a point where you crave it. This is where you build your inner strength. This is where you think about who you are and what you stand for.

Here are a few other suggestions:

- Go hiking with a friend, but agree to have periods of silence
- Take a yoga class
- Learn meditation - many places offer very inexpensive or even free classes
- Draw a picture or try the new adult coloring books that are out there
- Head to the library and find a quiet place to relax
- Volunteer somewhere like an animal shelter or a hospital
- Do some pet walking for an elderly or disabled neighbor
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## Get Rid of Your Clutter

We all have clutter in our lives, and I'm not just talking about the pile of crumpled up paper you have at the foot of your bed - you know the one your mom has been nagging you about for weeks? I'm talking about mental clutter and other forms of clutter too.

Here is what I mean. There are things in your life which are toxic. It could be the group of "friends" you have, it could be the junk food you go eat with your friends. It could also be all of the stuff you have hanging on your walls or the piles of clean & dirty clothes filling up your floor.

You know you reach a point with all of these things where you get sick of them, and for a day or two, you might make your parents happy by putting away the clean clothes, throwing away all of the crumpled paper and taking all of the junk (as Mom calls it) off of your walls, but soon enough, you begin piling it all up again. Here's the thing about clutter. It's toxic.

When you come home to a bedroom which is filled with piles of trash, laundry and fast food bags, you don't want to do anything. It immediately makes you feel tired and unmotivated. I know when I come home at the end of a busy day and my house is clean, it feels so good. I'm energized.

I also know that when I eliminate toxic people from my life, I am happier. Toxic people are people who are always down or are always putting you down. They're never happy and everything is drama. They are surrounded by chaos all the time and they somehow manage to drag you into it. These are not friends, they are people who need an audience. You don't need to be that audience. Clear the toxic people from your life.

Toxic food is a whole different story. Yes, hamburgers and french fries taste great - nobody can argue with that, but they're not good for you - at all. I'm not telling you to stop eating those things. I know better. What I am telling you is to make some different choices sometimes. Fast food restaurants usually sell salads and even chicken sandwiches (grilled, not breaded) and they're not too bad. Skip the fries or let your friends eat them. If you're battling with acne, getting the fried and greasy foods out of your diet will go a long way to clearing up your skin. So will eliminating dairy, but we won't go there.

Think about what is in your life that is toxic and work on at least reducing some of it. I don't expect you to have a spotless room 100% of the time, but maybe before you go to bed each night, make sure your clothes are put away and the trash is thrown out. Really look at who your "friends" are and keep the good ones only. Watch what you eat. I guarantee, you will feel a lot better!!

## Simplify

Some would argue our lives are simpler today than they were when I was a kid. I would have to disagree. There are things in your life today which are just clutter, plain and simple. Clutter complicates our lives. It is stuff we have to wade through to get to the stuff we really want. When you simplify your life, you are eliminating the things which delay you.

This could mean going through your closet to weed out the clothes you never wear. If there's nothing wrong with them, put together a donate pile and offer them to a shelter or maybe quietly offer them to someone at school you know who needs them. If they have holes in them, toss 'em. Same with your shoes, hair accessories, old bottles of nail polish and that bookbag from the 3rd grade that is still sitting in the back of your closet.

Sometimes we think hanging onto things is hanging onto the memory associated with it - the rose from your freshman homecoming corsage for example. The truth is, the memory is stored in your brain. You don't need that dried up, brown rose as a reminder. Piles of old homework assignments from classes you've taken in the past are useless. You might think you'll look at them again, but you won't. If you've read a book and it's just lying there, think about passing it along to a friend or donating it. There are used bookstores which will buy them back from you (just don't plan on getting rich this way).

Let's not forget electronics. Do you still have your old iPod shuffle? When was the last time you actually listened to it? Are you still storing an old computer monitor because "it might be useful for something, some day"? How much time do you really spend on your Wii? Some of these things can be donated, some can be resold, but some are just too old and dated and need to go. If these items were expensive, you might want to check with your parents before you toss them. Chances are they don't even know you're still hanging onto them.

The idea here is to eliminate the stuff in your life which gets in the way of you enjoying your space and your life. Having 35 bottles of nail polish, 20 of which have lids dried on, is having clutter. Having a drawer full of different eye shadows, most of which are scraped down to the last drop is a waste of space and it just slows you down. Get rid of this stuff and see how much better you feel!

## Get Some Exercise!

I'm sure you see no value in your PE class. It's something you have to drag extra clothes around for and time when you get all sweaty - for the rest of the day. The thing is, though, it is good to be active. Your school day consists of sitting in a classroom for maybe 45-50 minutes, walking around for 3-5 minutes, and repeating this 7-8 times during the day. The only good thing about that is that you get up and walk around every hour or so. All of that sitting is otherwise no good for your body.

As a young person, your metabolism is pretty high. This means your body burns fat pretty easily. As you get older, it slows down, and when you reach your mid-twenties, it puts on the brakes. Did you ever notice how people who've been out of college for a couple of years suddenly add a little extra weight? It's not because they got lazy or started a desk job. It's because their metabolism hit the skids.

What I am shooting for here, then, isn't to increase your metabolism. I'm trying to help you develop some good habits now so you won't have to develop them later. It takes just over 2 months to develop a habit, and if you're older and your life is full of tons of clutter, it's a very difficult thing to do. Right now, though, while your life is relatively simple, building in those habits will be easier.

I'm not telling you to run a marathon or go into competitive body building mode. I'm saying make a habit of walking the dog after school or, if you don't have one, walk a neighbors dog. Set up a time with your friends where you get together and kick around a soccer ball or go bike riding together. Develop a habit of prioritizing activity. When sitting in your room playing a video game for 3 hours sounds like a good idea, take a walk or bike ride instead. If you come home and veg, fine, but at least you got some exercise first.

Until you're 14, it's not healthy to try to build muscle, but after 14, some light weightlifting won't hurt you, and it goes a long way toward strengthening your bones. You know all those older people you see hunched over now? They never took the time to strengthen their bones and now they suffer from osteoporosis - their bones are no longer hard and dense, they're like pieces of straw - brittle and full of holes. (They also may have suffered from a lack of calcium, so that whole toxic food thing plays a role here too).

Stay active. The older you get and the more responsibilities you obtain, the harder it is to be active, but if you make it a part of your every day routine and keep it there, you won't have to try to go backwards and fit it in later. And you will want to fit it in later!

## Money

Nobody likes to talk about money, except people who have a lot of it. You may have an after school job, or maybe you babysit or earn an allowance. You have some source of income, however small it might be. I earned almost nothing at my first job, but I was so proud to earn it, and so excited to save up for something special! It made me feel really good to earn that money.

Learning how to manage money is a tricky business at your age. You may not have many financial responsibilities at this point. If you're old enough to drive, you may be gaining some financial responsibilities, like gas, insurance and maintenance. You may already see where your paycheck goes. Throw in movies with friends, staying ahead of the latest make-up trends, getting your nails done and that new pair of shoes you've been wanting and you may find yourself broke between every paycheck.

Here's the thing, though. As you get older and start dating more seriously, men want to know you've got your financial act together. If you're 30 and you show up for a date driving the same car you have today, only with some rust and a few dents, no guy will stay interested in you for very long! It's important now for you to figure out how to save and plan ahead. You're never too young to have a savings account, and maybe your parents even started one for you. Don't look at this as a way to cash in and get that car you've always wanted. Look at it as a rainy day fund and save it for an emergency.

Learn to watch what you spend and save at least 10% of each paycheck. If you stink at math, this is easy. If your paycheck was \$90, save \$9 - or better yet, \$10! That money is untouchable unless you have an emergency. Get a mindset now of saving and it will become second nature when you start earning the big bucks later!

## Be a Positive Person

Unhappy people like to be around unhappy people. When one person starts complaining, she brings down everyone else around her. Before you know it, everybody has something to complain about and you go home miserable. These people are those toxic people we've mentioned before. Nothing in their lives is ever right, and what isn't right is someone else's fault.

People are much more drawn to positive, upbeat people. Think about it. Don't you enjoy being around your friend who is always happy and laughing?

The more stress there is in your life, the more negative you become. Negativity breeds hopelessness. This leads you to stop believing in yourself and your ability to accomplish things. Sometimes, we are negative because our families are negative. Maybe there are financial struggles, divorce or relationship problems. These can cause you to have a negative outlook as well.

Regardless of where it comes from, you have to put an end to the negativity. I know it sounds all Mary Sunshine to say put a positive spin on things, but that's what you need to do. People with lots of money aren't necessarily happier than you are, in fact, they could be even more unhappy if you really knew them. If your family is struggling financially, you need to accept this as your reality, don't try to blame it on anyone, and look for ways you can help. If you earn some money of your own babysitting, pet sitting or help shoveling driveways or raking leaves, you can buy your own jeans or new shoes. If your parents don't get along, you need to share with them that their negativity is binging everyone down. Chances are, they're so caught up in their own misery, they don't even realize how it's impacting the rest of the family.

You can start the trend by being positive. It's the old "every cloud has a silver lining" cliché. Look for the good of a situation. Even if there is nothing good to see, it is still what you have to deal with and being negative about it just makes it worse. I guarantee you, there is someone in the world who is worse off than you.

A few things you can do to feel better might be:

- Volunteer to help an elderly neighbor clean up her house or her yard
- Offer to walk a neighbor's dog
- Volunteer at a hospital if you're old enough
- Take some home-baked cookies to a nursing home and share them - spend some time with the people who live there - they would LOVE to see you!
- Donate old clothing
- Offer to tag along to the grocery store with a neighbor who has a few small children and then keep them occupied so she can shop (or offer to babysit them at home)

The point is do something for someone else. This always makes you feel better and gives you perspective on your own life.

## Think Positive Thoughts

Along with being a positive person, you need to learn to think like a positive person. This is obviously a continuation of the last chapter, but it's worth splitting them out.

Here is how some people think:

- I hate this skirt - I look like a dork today.
- I got a "C" on that Biology quiz - I suck at Biology
- I can't believe I tripped back there - I'm so clumsy!

These are just a few examples of how we naturally put negative thoughts into our heads. The problem is we believe these things because we keep saying them to ourselves over and over, every day. As an added bonus, other people might be saying them out loud to us too.

The thing is, you can turn this around!

- This skirt isn't my favorite, but it looks good in pink so it's not so bad
- I got a "C" on that Biology quiz - I will do better on the exam!
- It's so crazy when I trip like that - what a goof I am! I hope everyone got a good laugh!

Negative thoughts have a large hold over us. Sometimes we start them ourselves, but sometimes other people do it for us. Listen to what is being said to you, either in your own head, or by other people. Turn those negative thoughts into positive thoughts. You will begin to feel a lot better about yourself!

## Do Something for Someone

We have talked about volunteering already, but doing something for someone else can mean other things. For example, go through your closet (remember our simplify chapter?) and find things you're not wearing. Donate them to a local shelter or another charity. What seems like a boring top could be a real treasure for a girl who owns just one right now.

Another way you can do something for someone is to help a family in need. Local churches know exactly who is in need. Your school may also be able to help. Gather your friends together and pool your resources - earn money or ask people to donate. Then, prepare a meal or go grocery shopping with your money and deliver it to the family. Some families have no money at all to buy food. Many kids in your school probably go hungry every day.

If you'd rather volunteer somewhere, we have talked about several options already. This is the day for you to do something if you haven't yet, and if you have...do something else! You don't need to look far to find someone in need.

## Live Like You're Dying

I'm not saying you need to go full force into a risky life. What I am saying here is to value each day as if it were your last. What if someone told you you only had 2 weeks to live. Would you spend it gossiping with your friends, shopping or playing video games? Or, would you spend it with your family, maybe doing something you've always wanted to do?

It is important to challenge yourself by trying new things. Not Brussels sprouts at dinner either, although they are vitamin packed little dynamos. I mean step outside of your comfort zone a little bit. If speaking to strangers strikes fear into your heart, head to the mall and just say "Hi" to someone you don't know.

Another thing you should consider is connecting with someone you haven't spoken to in a while. Maybe you got mad at them for something, or maybe you did something to make them mad. If an apology is in order, this is a great time to lay things to rest. You will feel a lot better after you do.

The point is this - we tend to live life cautiously, especially if self-esteem is low. Taking a few risks makes you step outside of your comfort zone and helps you build your self-esteem. Imagine how great you'll feel when you settle things with an old friend or face a fear.

## Learning from Failure

When things happen in our lives that don't go the way we expect them to, we identify ourselves as the failure, rather than the thing that happened. For example, last summer, I was invited to do a video shoot with three well-known female dating coaches in New York City. I went into it very unsure of myself, but I knew that, whatever the outcome, I would not consider it a failure.

There is always something to learn from an experience. In the case of my video shoot, it ended up going very well, but I was afraid I was unprepared. In that case, I would have learned that my method of preparation was not effective for that type of event.

Look at your own life. Let's use an easy example - a test. You take a geometry test and get a "D" on it. You really felt good about it going in, so you're really surprised at the "D". This always happened to me - if I felt unprepared, I'd get a great grade, but if I felt great about the material, I'd get a lower grade than I expected. Rather than feel as if I had failed, I always went back through to figure out what I got wrong. This helped me prepare for the exams at the end of the semester. Sometimes, you're even lucky enough to have a teacher who will give extra points if you go back and do this. That is a teacher who understands the value of learning from failure.

## What does Confidence Look Like?

A confident person is one who has a lot going on, but not just a lot of video games or a lot of gossiping. Confident people are easily identifiable and when you get older and are looking for a quality man, this information will be even more valuable to you!

Confident people have hobbies, like horse back riding, art, music or maybe building things. When you have hobbies, you stay busy. This takes away some of the time you could spend wallowing in self-pity, which is a fun past-time for people with low self-esteem. Hobbies also help you grow and learn new things. They help you meet new people - and not just anybody, but people who share your interest in that hobby.

Having a hobby also gives you something interesting to talk about. This will come in handy when you're older, looking for a high value guy to date. There are other ways you can be interesting. The volunteering we've talked about is another way to be interesting. Reading books can help you become interesting - especially if you read on topics you can discuss later, like history, politics or other topics like that. It goes without saying that a romance novel doesn't count here.

When you're confident, you are challenging. Before you get all excited and think this means you get to be difficult, let me clarify. Let's imagine your dad and your brothers are all sitting around watching a college football game. They know you're not a football fan, so they're extremely shocked when you say something like "I think OSU has a great chance of winning it all this year!" If you said something like this to a guy you are dating, he will be awestruck!

Being challenging means being able to speak intelligently about a topic of interest to the other person. If you follow the tips in this eGuide, you will be challenging!

Confidence also means you have boundaries. This is a hard one for teen girls in particular. When you're not confident, you don't believe a guy can like you just for you. You think you have to give him sex in order to make him like you. I can't say this enough times - NO. NO! NO!!!

When you are confident, you have boundaries. You know you are more valuable than to just be liked because you're willing to have sex with a guy. You say "No" to a guy who wants to have sex with you. This isn't a sign of love, it's a sign he views you as a "Rest Stop". Rest stops are the girls men date and have sex with until they find a high value girl to date. Even high school guys do this, so don't think it's only older guys. Guys want sex. Ultimately, they want to find a great girl, but she isn't the girl he's having sex with.

Confident girls have their own money to spend on a date. If a guy asks you to go out for a burger and shake after the football game, you should prepare yourself to pay for your part. You might not need to pay, but it makes a guy feel like you're not using him if you offer.

Confident girls don't get jealous. Nothing drives a guy more crazy than a jealous girl. Guys don't know what to do with all of that emotion - guys are rarely emotional. When you get jealous, it just shows him you don't believe in yourself. Guys are always going to look at attractive women. If you're a confident girl, he will stay with you even while he looks at the other girls. Looking doesn't mean he wants to date them, he is just appreciating a pretty girl - he's with you!

Confident girls also have options. Rather than dating one guy for all of high school, date a few guys. Learn what traits you like and dislike. This is a time in your life where nobody expects you to find a husband. This is your learning phase of life, so learn! This is a period of life where you don't need to enter a committed relationship. I know teens place a lot of value on being in a long-term relationship but in all honesty, clinging to someone at such a young age is a sign of low self-esteem. Forget "going steady" and date a few guys.

# Congratulations!

I am so happy for you that you have completed this eGuide! You should be feeling like a new person now. You should be feeling much more confident and your self-esteem should be climbing! Completing the activities in this eGuide is a great step toward spending the remainder of your teen years looking forward instead of hiding in the shadows!

As a next step, be sure to read my two teen books on self-esteem. Both of these will help you in ways you never imagined! Also, if you're older, check out my best-seller, *To Date a Man, You Must Understand Yourself*. You can get any of these books by clicking their cover or the links in the text.

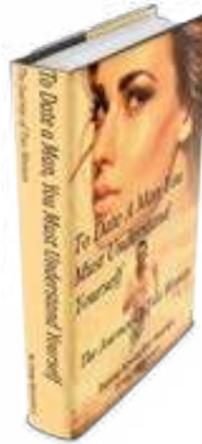


[Winning the Game of Teen Life](#) comes with two workbooks and a teen journal - all for free! This book will guide you through the rough waters of bullying, learning how to communicate to get what you want, emptying your tank (you'll have to read it to find out what this means!) and a lot more! This is a book for girls and guys so be sure to tell all of your friends! Click here, or click the cover to buy your copy today. It costs less than a burger and fries but gives you much more benefit!

Don't forget also to download your copy of *The Building of a Confident Teen*. This book takes you even further in your journey and will help you learn so much more about yourself. It was written by Kirbie, who coaches with me and has gone through many of the same teen stuff you're going through right now. She also raised 3 daughters, so she knows what it's like today to be a teenager! She has coached many women on building their confidence and she can help you too!



Finally, I have one other book which will help you if you are getting older and considering the dating scene. [To Date a Man, You Must Understand Yourself](#) is a book which takes you on a journey with two young women, Meghan and Jennifer. Both of these women choose a different path through their young adulthood and you can journey with them as they make good and bad choices. It will help you understand yourself, and also what you need to do to become a young woman who is labeled as a "Keeper" instead of a "Rest Stop"! You don't want to be a rest stop!



# Own Your Tomorrow Teen eGuide

With this eGuide, teens are unstoppable! This eGuide is a companion piece for my teen books and a great way to take what is learned in my teen books and build upon it.

If you follow the suggested activities in this eGuide, you will find yourself building layer upon layer of new confidence into your life. No longer will you live in the shadows, afraid to look someone in the eye. You won't wonder why you can't fit into the cool crowd - and you won't care!

Your pathway to a happy, successful life begins when you read my teen books and follow up with this eGuide! These are tips originally written in my adult book, *Own Your Tomorrow*, but I modified them to fit your life today and made them applicable to the things you deal with every day!

By going through each activity, you are building your confidence. You are gaining a new understanding of who you are and what you want to do with your life.

Take the next step to *Winning the Game of (teen) Life* and *The Building of a Confident Teen* by completing the activities in this eGuide now!

## Gregg Michaelsen



Gregg is one of Boston's top dating and life coaches. He has coached thousands of adults, helping them soar to new heights with stronger than ever confidence and self-esteem. Now, Gregg has turned his work toward teens, with a belief that if he can intervene sooner, help build confidence and self-esteem in the teen years, people will be more likely to build successful, fulfilling and happy lives as they advance through adulthood.

