

# AIM HIGH!

101 Tips  
For Teens



Here are

**101**

tips for  
you to  
grow up  
happy  
and  
successful.

To get  
the best  
out of  
life,

**AIM  
HIGH!**



SECOND EDITION  
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**This book is for you.  
It is for teenagers  
everywhere.**

**The 101 Tips in this book will  
make you a happier  
person and a better person.**

**You already know many  
of the tips and they are  
already part of your life.**

**AIM HIGH! is your guide  
for school and for life.**

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# AIM HIGH

# THINK

## Think!

Think before  
you do something.

Consider the  
alternatives before  
you act.

Careful thinking  
produces the best  
results.



# MORALS

**Ethics and morals are important.**

Ethics are the moral standards and rules of correct conduct.

An ethical person has the ability to pick and choose the proper way to act.

Take pride in acting correctly.

**Have a positive attitude.**

Be a positive person.

You can think only one thought at a time – make it a positive one.

Look for the good in every experience, situation, and person.

# ATTITUDE





# GOALS

## **Develop your goals.**

Goals are what you want to achieve.

Make a plan and imagine yourself achieving your goals.

Your imagination and your work each day will help you achieve your goals.


## **Persistence pays.**

Persistent people accomplish what they set out to do.

They act consistently until they reach a goal.

Persistent people achieve their goals.

# PERSISTENCE





# COMMITMENTS

## **Make commitments, keep your word.**

Follow through on the commitments you make.

Keeping commitments earns respect and trust from others.

You will become a stronger and better person if you keep your word.

## **Tell the truth.**


Telling the truth is the right way to act.

Living with lies is harder than living a truthful life.

Being truthful and honest is important.

# TRUTH





# IMPRESSIONS

## **Make a good impression.**

Always make a good impression.

Put your best foot forward.

First impressions are very important.

## **Neatness counts.**

It is easier to function in a neat and orderly space than a mess.

You will feel better when your appearance and your environment are neat.

# NEATNESS



# HEALTH

## **Good health.**

Develop habits that keep you healthy.

Maintaining good health is your decision and a lifelong choice.

You can make yourself healthy.

Good health is the most important thing you have.

## **Keep your hands clean; wash them as often as possible.**

Clean hands help to keep you healthy.

Wash your hands with soap and water for at least 15 seconds.

Keep your hands clean.  
Keep yourself healthy.

# WASH



# EAT

**Eat fruits and vegetables, they are good for you.**

Eat fruits and vegetables every day.

They will energize you, control your weight, and keep you healthy.

Seven is the lucky number of fruits and veggies to eat each day.

**Eat a good breakfast.**

Start your day in a healthy way.

Eat nutritious foods that give you the energy your body needs to maintain your maximum efficiency throughout the day.

Breakfast keeps you awake.

# BREAKFAST





# NO SMOKING

## **Don't smoke!**

Never smoke.

Smoking causes cancer. It also causes heart and lung disease and other fatal diseases.

If you have started smoking, quit now.

If you can't quit, get help. You can do it!

Smoking can kill you.

## **Avoid drugs!**

If you use drugs you hurt your mind and your body and you are breaking the law.

Maintain your health and happiness by saying NO and not using drugs.

If you have a drug habit, seek help from family, friends and professionals.

# NO DRUGS



# DRIVING

## **Drive soberly.**

To drink, or to do drugs and to drive is a way to death.

Take a taxi, public transportation, or stay where you are.

Your parent, an adult or a friend will be much happier to pick you up anywhere when you are intoxicated rather than seeing you injured.

Never ride in a car with a driver who is drinking or taking drugs!

## **Exercise.**

Exercise is important for your physical and mental well-being.

Develop an exercise routine and you acquire a healthy habit for life.

Enjoy your exercise.

# EXERCISE



# RELAX

## **Relax.**

Take a break.

Sit by yourself in a calm and quiet place.

Close your eyes.  
Breathe deeply for a few minutes.

Read a book, watch a television program or listen to music.

Find a method of relaxation that works for you.

## **Get enough sleep.**

Teenagers need more sleep than adults.

Doctors recommend that teens get between 10 and 12 hours of sleep each night.

Teenagers physically need extra sleep.

# SLEEP





# MODESTY

## **Be modest.**

Avoid bragging.

Be a humble person.

## **Respect people.**

Respect people in the same way that you want to be respected.

Respecting others is the best way to earn respect for yourself.



# RESPECT

# FAMILY

## **Be supportive of your family.**

Spend time with your family and learn from them.

Get to know and enjoy your relatives.

## **Listen to the person responsible for your care.**

Think about what a parent or caring adult says to you.

If you disagree, disagree in a respectful manner.

A caring adult usually has your best interest in mind when making a decision affecting your life.

# PARENTS



# TALK

## **Talk to a relative.**

If you have a problem, try talking to a person who loves you and wants the best for you.

A relative is often a good choice.

## **If you are going to be out late, call to let someone know.**

Do not go out or stay out late without letting someone know where you are.

It is wise to be cautious.

People must be informed of where you are to protect your safety.

# CAUTION





# NO FAULT

**If your parents fight or separate, remember you are not at fault.**

If parents fight, separate, or divorce, it is not your fault.

If you are upset, speak to a friend or a relative and consider seeking help from your school's guidance counselor or psychologist.

**Be loyal.**

Stay loyal to the people you like.

Stand by their side when they need you.

Your loyalty will be appreciated.

# LOYALTY





# FRIENDS

## **Be a good friend.**

To have a good friend you need to be a good friend.

Do things for and with your friend that you might not do with anybody else.

Good friends are special people.

## **Respect the opposite sex.**

There are many differences and similarities between girls and boys, men and women.

Respect the similarities and differences.

# PEOPLE





# RESPONSIBILITY

## **Accept responsibility.**

Take responsibility  
for what you do.

Be a good person.

## **Learn in school.**

Pay attention in class,  
respect your teachers,  
and learn.

Learn as much as  
you can.



# LEARN



# HOMWORK

## **Do your homework.**

Take your time and concentrate on your homework.

If you need help, ask your friends and family.

Complete your homework on time and do your best work.

## **Reading is necessary.**

Read something you truly enjoy.

It could be the sports section of a newspaper, a magazine, or a book.

The more you read, the easier it is to read.

# READ





# WORDS

## **Develop a good vocabulary.**

When you find a word you don't know, look it up in a dictionary, write down the definition and use the word.

As you learn more words, you will be able to express yourself better when either speaking or writing.

## **Learn another language.**

Learn a foreign language.

If you are lucky to live with others who speak another language, you might want to learn their language.

Learning another language will help you throughout your life.



# LANGUAGE



# COMPUTER

## **Use a computer.**

A computer will give you the power to do everything from playing games to communicating with people throughout the world.

When you are on the Internet beware of people you do not know and do not give them personal information.

Use a computer to enrich your life.

## **Go to movies and watch television.**

It's fun to go to movies and watch television.

Be selective. See movies and programs that relax you, entertain you, and educate you.

# TV MOVIES





# MUSIC

## Listen to music.

The sound of music is one of life's pleasures.

Whether it is rap, disco, hip-hop, jazz, or opera, music is beautiful.

Listen and make your own choices.


## Get a hobby.

Your hobby is a special interest you really enjoy.

You can listen to music, collect things, paint, write, or participate in sports.

Have fun with your hobby.

# HOBBIES





# CREATIVITY

**Be creative and enjoy your creativity.**

Artists, athletes, corporate presidents, and children are creative.

You can be creative in school, at home, or with your friends.


You can be creative in sports, in art, in music, with words, or with a computer.

Allow yourself to be creative.

**Perfection.**

People are not perfect.

Be happy being yourself.



# PERFECT



# BE NICE

## **Be a nice person.**

A nice person is pleasant to others.

Be a kind, understanding and charitable person.

People who are nice have a good attitude.

Being nice is nice.

## **Empathize with others.**

Empathy is your ability to identify with another person and understand their feelings and situation.

Empathy allows you to form an understanding with someone else.

When you can empathize with another person you are in touch with their feelings.



# EMPATHY



# FAIRNESS

## **Be fair.**

What seems fair to one person may not seem fair to another.

When you are fair with people, it is more likely that they will treat you fairly.

## **Show appreciation.**

Everyone wants to be appreciated.

Express appreciation to others.

# APPRECIATION





# COURTESY

## **Courtesy counts.**

Hold the door for somebody. Don't push when you are standing in line. Give up your seat to an elderly person on a bus or train.

When you are courteous, people will be courteous to you.

## **"Please" and "thank you" are really magic words.**

By saying "please" and "thank you," people show themselves to be thoughtful, respectful, and nice.

# MAGIC





# MANNERS

**Use the best table manners.**

People judge you by your manners.

Learn proper table manners.

Practice your manners, and they will become good habits.

**Avoid rude words.**

Avoid rude or crude words that might hurt or embarrass other people.

Always consider what affect your words will have.

# RUDENESS





# COMMUNICATE

**Communicate constructively.**

Get to the point.

Communicate clearly when you speak, write or e-mail.

**Speak clearly and maintain eye contact.**

Don't mumble.

Look directly at the other person, maintain eye contact, and speak clearly.

When you have something to say, say it.

# SPEAK





# LISTEN

## **Speak up and then listen.**

It is important to express your opinions.

There are situations that require listening.


Once you have made your point, stop talking and listen.

## **Ask questions.**

Asking questions does not show a lack of knowledge, but rather the search for knowledge.

Ask questions in a thoughtful and polite manner.

Learn from the answers.



# QUESTION



# ADVICE

## Hear advice.

When a person gives you advice, listen.

You may accept or reject the advice.

The decision is yours.

## Help others.

If you know someone needs help, help.

# HELP





# TEAMS

## **Join a team.**

Join a team such as a sports team, a club, or a volunteer organization.

Teams teach individuals to work and play with others.

## **Plan to win and you will be a winner.**

Tell yourself several times each day that you are a winner and you will accomplish what you want.

A winning attitude creates a winner.

# WIN





# LOSE

**Winning isn't always everything.**

No person or team wins all the time.

Don't dwell on losses.

Look forward to the next time you will win.

Keep your confidence and your next win will be sooner than you think.

**Everyone makes mistakes.**

We all make mistakes.

Learn to avoid making the same mistakes twice.



# MISTAKES



# SEEK

## **Seek help.**

Don't be embarrassed to ask for help.

People like to help each other.

Seek help from the best person available.

Show your appreciation to the person helping you.

## **Sorry.**

If you hurt someone's feelings, apologize.

If you make a mistake, apologize.

Saying "I'm sorry" will make you and the other person feel better.



# SORRY



# CRITICS

## **Learn to deal with criticism.**

No one likes to be criticized.

Deal with the criticism in a positive way.

Don't blame the messenger. Just listen to the message and do your best.

## **Forgive.**

Show forgiveness in your heart and in your mind.

Be a forgiving person.



# FORGIVE



# PEACE

**Violence is not  
the solution.**

Talk out your problems,  
don't fight about them.

Listen, speak, and  
resolve your differences.

Be a peaceful person.

**Plan your life.**

Don't leave your life  
to chance.

Think about what you  
want to achieve.

Learn a skill, follow  
your passion or plan  
something else.

Your life belongs to  
you.



# PLAN



# RULES

## **Follow the rules.**

Know the rules  
and go with them.

Breaking rules causes  
punishment and other  
bad consequences.

Follow rules.

## **Use time wisely.**

Plan your activities  
so that you can  
accomplish all you  
want.

# TIME





# DO IT

## **Keep motivated.**

Motivation is the desire to achieve and accomplish what you want in life.

Keep yourself motivated and enjoy your progress.

## **Take one step at a time.**

Every goal has many steps.

Go step by step.

Accomplish something each day and you will accomplish what you want in life.

# STEPS





# BEST

## **Try hard – do your best.**

Always strive to do your best.

Your extra efforts, giving 100 percent, giving it your all will lead to the extraordinary accomplishments in your life.

If you try hard and keep a positive attitude, you will always do your best.

## **Reward yourself.**

When you achieve something, reward yourself.

Buy yourself a present, go to a movie, do a special fun activity.

You deserve to reward yourself when you achieve things in your life.

# REWARDS





# PRACTICE

## **Practice, practice, practice...**

To be good at anything you need to practice.

No one is a champion or a gold-medal winner without practice.

People born with extraordinary talents still must practice their skills.

Practice with a positive attitude and you will succeed.

## **Try, try, try again.**

Work your way around obstacles.

Don't give up until you have tried all of the proper ways to achieve your goal.

Keep trying and you will succeed.



# TRY AGAIN



# DAYS

**Some days are better than others.**

Everyone has good and bad days.

Life is not one steady flow of good or bad events.

Try to remember the good in each day.

When things are bad, keep your positive spirit and remember tomorrow will be a better day.

**Be careful.**

Be careful about the way you lead your life.

Think and use good judgment in what you say and do.



# JUDGMENT



# STAND UP

## **Stand up for yourself.**

Don't let bullies push you around.


Stand up for what you believe in, and, if you feel threatened, do not hesitate to speak to a teacher or a parent or other adult.

## **Be flexible.**

Flexibility allows you to adjust to change in a constructive way.

Change can be difficult but necessary.

Be flexible.



# FLEXIBILITY



# COMPROMISE

**Life is full of compromises.**

No one gets their way all the time.

Learn to compromise and you will get what you want most of the time.

**Don't feel sorry for yourself.**

Bad things happen to everyone.

Don't get stuck in self-pity.

Focus your energies on being positive and regaining your spirit.



# SPIRIT



# ANGER

## **Express anger in a constructive way.**

Learn to deal with anger in a constructive way and non-violent way.

Some people scream, some people rip things up, and some people keep the anger inside of them.

If you are angry at someone, let them know your feelings.

When you let go of your anger, you will feel better.

## **It's okay to cry.**

Crying is an important expression of human emotion.

Don't be embarrassed to cry.

Presidents, athletes, and just regular people cry.

A good cry can make you feel better.



# CRY



# HEALING

## **Time heals.**

Some wounds take longer to heal than others.

As time passes your hurts, your injuries, and your mind and body will heal.

## **Have a Win/Win attitude.**

Any situation is better if both people can be winners.

If you can convince another person that your position is correct and, at the same time, the other person gains something, then you have created a Win/Win situation.



# WINNERS



# FAILURE

## **People fail.**

Failure is part of life.

Because you fail does not make you a failure.

Learn from the failure.

Put it behind you and move on.

## **Believe in yourself.**

When you believe in yourself, you have the ability to do almost anything you set your mind, heart, and body to.

Have confidence in your ability to succeed, and you will.



# YOU



# ENTHUSIASM

## **Be enthusiastic.**

Enthusiasm is the joy you show when doing your daily activities.

When you are enthusiastic, whatever you are doing becomes more pleasurable.


Enthusiasm is contagious.

## **View problems as challenges.**

Problems are challenges to overcome.

Face problems and handle them quickly.

Use your creativity, imagination, common sense, and intuition to solve problems.



# PROBLEMS



# HAPPINESS

## **Think happy.**

Think happy thoughts.

When you are down, replace your negative thoughts with positive, happy thoughts.

Let your thoughts be happy throughout your day.

## **Smile.**

When you smile, people around you smile with you.

A smile cheers up a room, makes a difficult situation more pleasant, and creates good feelings among people.



# SMILE



# HUMOR

## **Develop a sense of humor.**

A sense of humor makes both the serious moments in life and the lighter moments more enjoyable.

It is good to laugh at yourself as well as to enjoy another person's humor.

Lighten up!

## **Play.**

Find an activity that you enjoy and have fun doing it.

# PLAY





# NATURE

## **Enjoy nature.**

Trees, the sky, the birds,  
and weather are true  
wonders of nature.

Take time to enjoy the  
natural wonders that are  
a part of your world.

Preserve the  
environment.

## **Have heroes.**

Heroes are women and  
men of excellence who  
did great things.

Model yourself after  
your heroes.



# HEROES



# LOVE

## **You are loved.**

You are loved by many people.

People show love in different ways.

Learn to recognize different types of love.

Show love to those you love.

## **Dream.**

Dream the possible and the impossible.

If you dream something often enough, it becomes a goal in your life.

Dreams come true when you achieve your goals.



# DREAM



# MIRACLES

## **Miracles happen.**

Things happen in life that can't be explained.


Miracles do happen.

## **Begin again.**

Starting something is the first step to completion.

Don't be afraid to start again.

If you don't begin, you can't reach the end.



# BEGIN



# PRIDE

**Be proud; take pride in yourself.**

Keep your positive mental attitude and, try your best, and you will feel proud about yourself.

**Be courageous.**

Courage conquers fear.

Be courageous!



# COURAGE



# LIFE

## Love life.

Life is good.

Enjoy yourself  
and be happy.

## AIM HIGH!

Enjoy your life.



# AIM HIGH!



**AIM  
HIGH!**

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