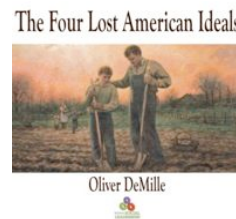
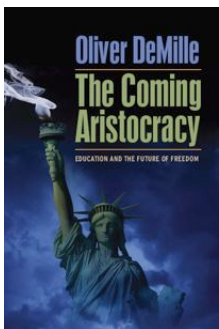
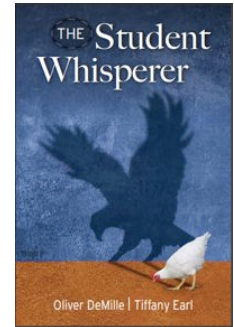
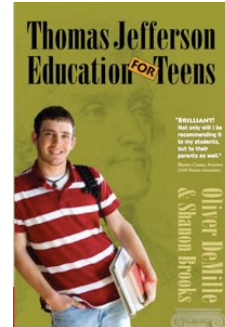
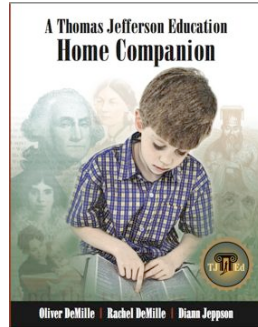
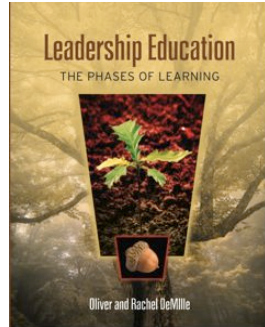
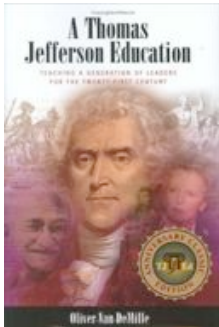




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<http://tjed.org/purchase/>.



“Oliver DeMille and Shanon Brooks have given insights into the Leadership Education model for teens that are not only easily understood but inspiring to read. Their teachings give credence to my voice as a parent using this model in my home. The Teen 100 Book List and the insights on how to use it are, of themselves, worth the price of the book!”

—**Teri Helms, TJEd mom to 5 boys** [www.tommymom.com]

“This book is so-o-o-o good. I am getting a copy for every single one of my young adult children for Christmas even though all but one are now in their 20s (17, 20, 23, 25, 26, 28). I’m buying a copy for every member of my family! The content is invaluable. I think this book is going to have a huge impact on the young people who read it.”

— **Deena Ortiz, Director of SoCal FATJEF TJEd Forum**

“Every once in a while a second witness comes along and in one magical moment says something that speaks truth to the soul; and the person finally remembers who he is. That is what Oliver DeMille and Shanon Brooks have done. They remind us who we are and what we’re about.”

—**Tiffany Earl, Author, *Say*Go*Be*Do***
Founder & Director LEMI Scholar Projects™
www.libercommunities.org

“This book will allow you, as a youth, to feel, to know, and to see how much we love you, how important you are to us, and why YOU ARE SO WORTH IT! Read it, apply it, live it, and enjoy being YOU!”

—**Kami Mitchell, Director of Youth For Freedom (YFF)**
Leadership Youth Conferences
www.youthforfreedom.org

Brilliant! A book on leadership written to the ultimate target audience, the leaders of the next generation! This book is not just a remake of TJEd; it's completely new material that really speaks to our current needs as parents and educators. Not only will I be recommending it to my students, but to their parents as well. What a gift to our teens, our nation and ourselves!

— **Shawn Crane, Founder & Moderator**
TJEdMuse@yahoo.com

“This a MUST READ for today’s youth and their parents! Don’t let the word TEENS in the title fool you. This book gives enormous perspective for all ages. We live in difficult times; our children have a big task ahead of them. DeMille and Brooks have prescribed usable, inspiring medicine for the maladies of our modern society and delivered them in a way everyone can understand.”

— **Nicholeen Peck, author of *Parenting A House United***
<http://teachingselfgovernment.com>

“Whether a business plan, a personal schedule, or a wilderness trek plan, great ideas only have results when they are executed. That’s the secret: execution, execution, execution. That’s why this book is so valuable—it gives fun, practical, meaningful ideas and examples that focus on execution. We’ll definitely be reading it at Williamsburg Academy.”

— **James C. Ure, Esq.**
Headmaster, Williamsburg Academy

“I have read TJEd for Teens and loved the work. I definitely want to share this with my own teens and teens I mentor in my classrooms, both live and online. Talking straight to teens empowers them and they almost always rise to the occasion. Thank you for creating this work and speaking with such dignity to the youth.”

— **Donna Goff**
Co-Founder, The Princess Academies, LLC

**Thomas
Jefferson
Education
FOR
Teens**

**Oliver DeMille
Shanon Brooks**

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TO
AMBER
OLIVER
JON
EMMA
SARA
GINNIE
BEN
ELIZA
DONYA
AMMON
SAMMY
HYRUM
MERI
AND
ABBY



IT IS SAID THAT WHEN GOD WANTS TO CHANGE THE WORLD, HE SENDS A BABY—PERFECTLY TIMED TO GROW, LEARN, PREPARE AND THEN TAKE ACTION AT THE RIGHT MOMENT.

BUT THERE ARE TIMES WHEN ONE BABY WON'T SUFFICE, WHEN THE CHALLENGES FACING THE WORLD ARE JUST TOO GREAT; AND SO INSTEAD OF A GREAT REFORMER OR A FEW KEY THINKERS, WHAT IS NEEDED IS A WHOLE GENERATION OF LEADERS.

THIS HAPPENED IN THE SIXTH CENTURY B.C., AND IN THE FIRST DECADE OF THE COMMON ERA, THEN AGAIN IN THE AMERICAN FOUNDING GENERATION.

WE BELIEVE IT IS HAPPENING AGAIN TODAY...



1

YOUR FUTURE

A lot of books to young people in their teens seem to be just dumbed-down versions of the original. We think that's weird because it should be just the opposite. We believe today's youth are more sophisticated, involved and interested in world events and the future than the young people of most past generations. Some would say that they are also more intelligent than any generation in history. We tend to agree.

We believe this generation of youth is the most gifted and promising generation ever. So we intend to give you the deep stuff, the real treatment. We hope you will read *A Thomas Jefferson Education* in addition to this book—the two are totally different writings, and in our experience teens are up to the regular version as much as any adult. This book is written to tell the youth some additional, vital, deep things.

So let's get deep right now.

WHEN GOD WANTS TO CHANGE THE WORLD...

It is said that when God wants to change the world, he sends a baby—perfectly timed to grow, learn, prepare and then take action at the right moment. Whether you believe in God or the Universe, or whatever you want to call the powers higher than man, you can see how much sense this makes. We believe it is true: when God sees

**"Happiness is the aim of life.
Virtue is the foundation
of happiness."**

—Thomas Jefferson

a need coming in the world, he sends a baby.

But there are times when one baby won't suffice, when the challenges the world faces are just too much; and so instead of a great reformer or a few key people, what is needed is a whole generation of leaders.

When the world is broken, a generation is born.

We live in such a world. And you are such a generation.

Gandhi is often credited with saying that you should *be* the change you wish to see in the world. We wonder if he meant literally that you should change the world's problems in yourself? Maybe. But we think he also meant that you should be who you were truly born to be—the best, true, Real You!

Is there anything in the world as powerful as a person who is truly himself? Or herself? Especially when the person is in love with good?

We don't think so.

That is what the teen years are all about—finding the Real You.

TEENAGER, GROWN UP OR ADULT?

If you don't find the Real You, you'll never really grow up. That is why there are a lot of immature people walking around, adults who have never quite figured out who they really are—so they just spend their lives making a living, seeking evening entertainment, wishing they were happy, sometimes seeming in control of their lives for a while but always eventually breaking down and wishing they could get it together.

You may not know it, but in truth many adults are that way. Why? Because they haven't yet figured out who they really are. We know that's a little scary, but we told you we'd give you the truth, the real deal. Here it is: You don't want to be like that when you are fifty, or thirty-eight, or even twenty-three years old. You want to be a true grown up when the time is right—not just an adult.

So it is vital that you figure out who you really are **now**, as a teen. That's what the teen years are for.

who you really are, discovering what you are supposed to do with your life and then preparing for it! This book is about how to find and develop your genius identity while having fun at the same time.

If you follow the advice in this book, you will greatly succeed in getting a superb Leadership Education! This will lay a commanding groundwork for whatever directions you take later. If you skip this opportunity to get a truly great education, you will miss out on one of the greatest chances of your lifetime. Heed the laments of the adults around you who feel like they are playing “catch-up” with their education while everything in their lives competes with it!

THE GENIUS IN YOU

You have genius in you. We know it, and our purpose in writing this book is to help you find it. Your parents know it, and they want to help you find it and develop it. Others know you have genius and want to help too.

The future of the world depends on your generation finding its genius. Your personal future also depends on you finding it. This really matters.

You were born with a great mission and purpose in this life, just like Thomas Jefferson. Jefferson got a great, world-class Leadership Education in the classics during his teens, and then continued to build on it and use it to make a huge positive difference in the world—throughout his life. His influence is still being felt.

Your purpose is not to copy Thomas Jefferson or anyone else, but to do like he did—find *your* true inner genius, develop it, polish it to levels of greatness and then use it to help the world.

This will be a generational effort, so we hope you will read, discuss and share this book and these ideas with other teens—a lot! The more teens in your generation who choose to get a great Leadership Education, the greater the future will be.

Now, let’s start at the beginning. How can you, and other teens, get a truly superb, great, world-class Leadership Education?



2

CLASSICS

Perhaps you have heard of the Seven Keys of Great Teaching. They are the core of any truly quality education. Knowing them is exciting for at least two reasons: First, they turn most schooling upside down, showing you how to really learn. Second, billions of youth around the world right now desperately need to know them, and by familiarizing yourself with them, you'll get to share these incredibly powerful ideas!

Those who know the Seven Keys and use them will lead the world in thirty years. You get to help find and prepare these leaders by emailing, twittering, facebooking and getting the message out in every possible way!

Learn and use the Seven Keys, and you will find your true, genuine inner genius and become the leader you were born to be. Share these Keys with others and help them choose to use them, and you will be creating the future leaders all around the globe.

Like we said, these Keys are exciting!

"The field of imagination is thus laid open to our use and lessons may be formed to illustrate and carry home to the heart every moral rule of life. Thus the lively and lasting sense of filial duty is more effectually impressed upon the mind of a son or daughter by reading King Lear, than by all the dry volumes of ethics and divinity that were ever written. This is my idea of well written Romance, of Tragedy, Comedy, and Epic poetry."

Thomas Jefferson

but this further makes the point! People remember things they taught, and oral exams are just a form of teaching. Multiple-choice tests are not. Many (if not most) teachers don't even look at them closely—they just record the scores. Next to oral exams, people remember essay questions they answered best. Actually teaching a class or writing an article is by far the best way to increase the relatable learning and also long-term memory of things studied.

Another benefit to learning in Level Three is that it usually requires us to re-read part or much of the book! This is incredibly powerful in the learning process, especially if we read through the notes we took and the areas we highlighted, underlined, circled or marked with “!!!”.

100 + 40

The Teen 100 Book List is great reading for your teen years. Classics are numbered 1-100. Some of the books on the classic list are included to help teach special skills of language, mathematics, science, leadership, etc. and are numbered along with the literary classics.

In addition to the hundred classics, there are more than forty other books (note that some of the listings are series) that we consider to be helpful and even vital to a superb education because they inspire thinking. Each of these extras is marked with a ♥ to indicate “inspiring.”

Of course, you can read things that aren't on the list and apply all three levels to them as well. But by reading this list and completing it all before you are eighteen or enroll full time in college, you'll be very well read in the leadership classics and well prepared for college or other leadership studies. This will greatly prepare you for whatever paths you choose after your teen years. You will have an excellent base of great reading in the most powerful ideas in the world!

The Teen 100 List is designed to precede the Adult/College Great 100 List found in *A Thomas Jefferson Education*. Very few titles are on both lists; the exceptions include authors such as Shakespeare on

THE TEEN 100 BOOK LIST!

AGE 13

(ages are just a general guideline; if possible, everyone should read the entire list for all ages)

- 1 Girls: Montgomery, *Anne of Green Gables*
 Level One Level Two Level Three
- 1 Boys: Card, *Ender's Game*
 Level One Level Two Level Three
- 2 Girls: Alcott, *Little Women*
 Level One Level Two Level Three
- 2 Boys: Sanderson, *Elantris*
 Level One Level Two Level Three
- 3 Movie: *Pride and Prejudice* (A&E Version)
 Level One Level Two Level Three
- 4 Baum, *The Wizard of Oz*
 Level One Level Two Level Three
- 5 Lewis, *The Lion, The Witch and the Wardrobe*
 Level One Level Two Level Three
- 6 Hamilton, *Mythology*
 Level One Level Two Level Three
- 7 Wilder, *Little House in the Big Woods*
 Level One Level Two Level Three
- 8 Beginning Latin book (We have purposely left the Latin and Math books open for student and parent choice, but note that there are several good online sources as well as books. See www.tjedonline.com and www.tjedforteens.com for further suggestions.)
 Level One Level Two Level Three



3

MENTORS

Mentors make all the difference. The word “mentor” comes from The Odyssey, where the hero Odysseus must leave home for many years and leaves the teaching, guidance and care of his son Telemachus in the hands of a man he trusts to handle this responsibility well. The man’s name is Mentor.

Imagine how much trust it would take to turn over such guidance to someone. Mentor was more than a teacher, more than a friend, more than a guide—he was basically another father. In a similar way, a college where one studies and graduates is known as the *alma mater*, which means the “mother of the soul.” Most of us have a physical mother who guides and teaches us; then when we leave home to get a college education that learning becomes in a very real sense a second mother of our soul, and the mentor who facilitates that learning, a second father.

“When I recollect that at fourteen years of age, the whole care and direction of myself was thrown on myself entirely, without a relation or friend qualified to advise or guide me . . . I am astonished I did not . . . become . . . worthless to society . . . I had the good fortune to become acquainted very early with some characters of very high standing, and to feel the incessant wish that I could ever become what they were. Under temptations and difficulties, I would ask myself what would Dr. Small, Mr. Wythe, Peyton Randolph do in this situation?”

—Thomas Jefferson

GOING IT ALONE

Mentors make all the difference in how effective we are in almost every aspect of life. For example, imagine trying to learn karate without a mentor. You dress in the right clothes, get out a floor mat, and practice a lot in front of a mirror, day after day. But somehow—even as your moves become faster and more menacing—you just don't seem to get very good at self-defense! Not surprising, right? Of course you need a mentor who already knows karate.

Imagine that one day a black-belted instructor walks into the room where you are practicing. He shows you some moves and teaches you several key ideas. Within an hour you'll probably progress more than all the long hours of self-directed practice you already did. He gives you several things to work on. Now your self-practice time becomes a lot more useful. *That's the power of mentoring.*

Of course, it can be taken too far. Imagine that this instructor just lectures to you for 5-6 hours every day, then sends you home to practice an hour each night. You will learn, but not nearly as well as if he teaches you a couple of times a week for an hour and then expects you to practice what he has taught for long hours each week while apart from him.

This is how mentoring works. And it does work!

TRUSTING A GUIDE

Consider this idea as taught by John Assaraf and Murray Smith in their book *The Answer*. If a person unfamiliar with the Rubik's Cube were given one, blindfolded and told to solve the Cube alone, it is estimated that it would take over a million years to do it! But if a person who knows how to do the Rubik's Cube guides the blindfolded person with verbal commands, he can do it *in less than five minutes*.

Mentoring makes all the difference! Mentoring helps us progress more effectively and rapidly in learning skills like karate, music, ancient or foreign languages, the fine arts, writing, public speaking

and much more. Mentors can help us in just about everything in life. They are especially helpful in getting a great education.

Actually, in the last chapter we talked a lot about one kind of mentor: authors of great works. When we read Einstein or Aristotle or Shakespeare, they mentor us with their ideas, wisdom, stories and thoughts. Great books even mentor us by their flaws or weaknesses.

WHO ARE YOUR MENTORS?

Some of our greatest mentoring can also come from the characters in books. For example, you may have been mentored by Elizabeth Bennett or Mr. Darcy in *Pride and Prejudice*, by Anne in *Anne of Green Gables*, or by Aragorn in *The Lord of the Rings*. Or you may have received mentoring from Ender or Bean in the Ender's Game series. Think of your favorite book or movie, and then ponder which of the characters mentored you most.

Yoda? Laura Ingalls? Jo? Captain Picard? Most books and movies can mentor us if we ponder and learn the lessons they offer.

Your friends are also natural mentors—as are leaders in places like school, scouts, church, youth conferences, and many other settings. And of course certain experiences in life teach deep mentor lessons.

There are many types of mentors that make all the difference in the quality of your teen education. Some are vital!

First, parent mentors are the most important mentors during your youth. They really are. Unfortunately, few teens take enough responsibility for the quality of that relationship and really take advantage of all the great benefits parents can offer as mentors.

MAKE IT EASY ON THEM

Parents are often very busy balancing career and family and community and finances and everything else in life. You can help them mentor you by not waiting around for them to do it all. Maybe you

Yours (according to Mom): _____

Ask your father what his life focus is, and what he thinks yours is:

Father's _____

Yours (according to Dad): _____

Now, go back and circle a second item, so you have a total of two top areas of life focus.

These are two of your greatest mentors! They are real, powerful guides in your life.

Finally, meet with a parent and discuss all this with them. Be open. It is okay to change your mind, or to choose three instead of two, or whatever feels right to you. The only set guidelines on this are to really give it your time and attention and to discuss it with your parents.

Once you are done, put this away for today and give this time to assimilate and become part of you.

Do the next section in this chapter tomorrow!

ANOTHER DAY: MENTORED BY GRANDPARENTS

Another key type of mentor for teens is the Grandparent. If you are lucky enough to have grandparents who are still living and involved, use their mentoring where possible. Unfortunately, in our modern world there is too often a huge gap between grandparents and teens. This is sad because they usually have so much to teach you. The following will greatly improve your learning:

Ask your mother the most important lessons she learned from her dad. Write them: _____

Same, from her mother: _____

Your dad, about his mother: _____



5

SCHOLAR PHASE

You may have read Oliver's book *A Thomas Jefferson Education* or the book *Leadership Education* that he wrote with his wife Rachel. If so, you are familiar with the Phases of Learning and the levels of Scholar Phase. While these books were written mainly for your parents, teachers and mentors, in this chapter we will focus on the Phases specifically as they apply to young people who are right now (or soon will be) in Scholar Phase. We think you will really enjoy this.

The first Phase we call Core Phase, which is all about learning right and wrong, good and bad, true and false, and how to tell the difference. The next Phase is Love of Learning, where you learn to fall in love with learning. We covered this in the last chapter. The next two Phases are Scholar Phase, which we will cover here, and Depth Phase or college-level mentored studies.

All the Phases are very important. Of them all, Scholar Phase is the least worked on and the most needed in modern times.

"Be assiduous in learning, take much exercise for your health, and practice much virtue. Health, learning and virtue, will insure your happiness; they will give you a quiet conscience, private esteem, and public honor. Beyond these, we want nothing but physical necessities, and they are easily obtained."

—Thomas Jefferson

WHO'S A SCHOLAR?

Let's start by clarifying that when we speak here of Scholars, we mean people in Scholar Phase—not professional academics who make their living researching, studying and writing about a certain specialized field of expertise. We have great admiration for such scholars, but that is not what we mean by Scholar Phase.

Leadership Education covers the different kinds of college/university mentors, including scholars (the deep experts in certain fields), coaches (who focus on personal support of individual students), teachers (who emphasize classroom teaching), and philosophers (who live for new ideas, models, patterns and connections).

Ideally, mentors have a little of all four of these, and a primary focus and particular gift in one of these areas. We think these and other styles of mentoring have some real merit; we also think that students gain most over the long term by working with more than one or two types.

When we speak of Scholar Phase, we're intending the more philosophical meaning of the word used in the phrase "a gentleman and a scholar" and in the martial arts tradition of left hand (scholar) covering right fist (warrior). Our greatest martial arts instructor often quizzed us on why the scholar is more important than the warrior, and he used the U.S. President as a civilian commander-in-chief as an example. His answer was that strength must always be led by wisdom.

The reason we chose the term "Scholar" Phase is that in our modern world where many people talk of leadership, few promote the great education which leaders need to not only gain followers but to lead them in the right direction! Scholar Phase is all about starting to become a person who can truly lead people well and rightly.

THE TASK OF A LIFETIME

Mastering this skill of leading is a lifetime task, and the purpose of Scholar Phase isn't to complete your learning, but to so immerse



6

FINDING THE REAL YOU

Have you heard of the great teen questions? They are all about helping you find the Real You. The true, genuine You. That's what the teenage years are all about. If you find that, *when* you find that, you'll be an adult. You'll be ready for your life's mission, or at least ready to get ready! When you find that wonderful and powerful person, the Real You, you'll be on the path to greatness.

This brings a whole new level of meaning to the principle of "You, not Them." Your life is not about all those other people and what they want you to be, all those masks you are tempted to wear. Some people wear masks for others their whole lives, never quite figuring out who they really are.

That's why the great teen questions are so important. Actually, "teen" or "teenager" is a relatively new name for these questions, because they've been around a long time. The term "teenager" was first used, as

"Nature has written her moral laws on the head and heart of every rational and honest man, where every man may read them for himself. If ever you are about to say anything amiss, or to do anything wrong, consider beforehand you will feel something within you which will tell you it is wrong, and . . . this faithful internal monitor . . . will guide a man clear of all doubts and inconsistencies."

Thomas Jefferson

Dr. Gary Chapman reports, in 1941 in *Popular Science* magazine. Before the great depression, youth were usually considered young adult children of their parents' family until they got married.

When the Great Depression took away most jobs, and nearly all the employment of those in the teen ages, this group became its own social demographic. It stopped focusing on work and turned more to play. This generation was first called the “bobby socks-ers,” because girls this age wore short skirts with high socks and danced to big band music. Then its members were called “teensters,” then “teeners,” and finally “teenagers” in 1941.

THE BIRTH OF THE TEENAGER

Just to put this in historical context, the word “teenager” came out in January of 1941, and Pearl Harbor happened almost a year later in December of 1941. A good history of all this is found in the appendix of *The 5 Love Languages of Teenagers*, and also some in the *Oxford English Dictionary*. Another good commentary on “teenage” history can be found online at www.tjedforteens.com, in an article written by Dr. Michael Platt.

Anyway, the terms “teen” and “teenager” were created by advertisers to market to this separate group that was more interested in “games, music, milkshakes, wearing moccasins everywhere,” and “driving like bats out of . . .,” as *Life* magazine reported in 1941.

When the modern economy created teenagers during the Depression, it also created something else: the midlife crisis. It all starts when a teenager decides to put on a mask, or several masks, usually in order to “fit in,” and it often ends in a painful midlife crisis somewhere between 35-50 for women and 40-55 for men.

In the midlife crisis, the person, who stopped being his or her true self as a teen, reaches a point where s/he can't handle the pain of 25-40 years of hiding behind masks. The person just breaks. The projects and momentum that had consumed his/her energies for two decades are no longer sustainable, and they begin to falter—whether it be in the

Finally, one more thing. Who are your greatest heroes? (The heroes of the Real You!) Write them below:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

What do each of these heroes teach you about the Real You?

Who is the Real You? This takes years to fully understand, of course, but answering the great teen questions gets you where you should be now. After you have completed these exercises, be sure to share them with your parents. Perhaps you may feel to keep some of it to yourself for a time; but share some of it. You will learn a lot from your parents' thoughts on this, and they will be better mentors because they will understand you better.

Be sure to answer all 23 great teen questions by completing all the exercises in this chapter. It will greatly improve your life and future leadership.

The best you is the Real You, and you have great things to accomplish in this world. The world needs you. Never worry that you won't measure up; just focus on becoming the Real You. As you do, everything else will fall into place.

As you answer the great teen questions and become more and more the Real You, you will be truly amazed and thrilled at who You really are. At the same time, you will be amazed and thrilled at who others really are too! By being more authentically in tune with yourself, you will have an increased ability to see, and help bring out, the

greatness in others. Together with them, once you've answered the great teen questions for yourself, you will have much more power to truly improve the world.



7

SUCCESS IN THE NEXT TWENTY YEARS

History runs in cycles, and there is a pattern of four seasons repeated over and over, each about 20 to 25 years long. Like the seasons of the year, one naturally follows another and each feels different, and accomplishes a different purpose in the grand scheme of things. In their book *The Fourth Turning*,* authors Strauss and Howe call these four seasons “turnings,” like turnings on a cycle. We strongly recommend you purchase and read this important book. The four seasons are:

1st: Founding. New institutions are built up to solve the great problems that culminated in the last crisis, like the United Nations, Social Security, World Bank, International Monetary Fund (IMF), NATO and other organizations created right after the Great Depression and World War II. Lots of businesses flourished in this period also.

“To no events which can concern the future welfare of my country, can I ever become an indifferent spectator; her prosperity will be my joy, her calamities my affliction . . . Nothing makes me more happy, than to render any service in my power, of whatever description.”

—Thomas Jefferson

* ISBN #978-0767900461



8

ONE MORE THING!

Imagine yourself in the future—on the best day of your life! Close your eyes and picture it. Imagine how strong you are, how wise, how caring, compassionate and committed to good. Young women often picture their wedding day, but not you. As wonderful as your wedding will hopefully be, it is not your best day. No, your best will come on the hardest day of your marriage, when you use your humility and wisdom to do the right thing—whatever it is.

Others picture the day their child is born, or when their child accomplishes some great thing. But that isn't it either. No, your best day will come in something very small and simple, like putting aside your busy projects and reading a story to a child when she asks. Do you have any idea how incredibly beautiful you will be on that day in that moment? How captivating and smart?

Without such days, the others—the ones that seem great—will never happen.

Young men sometimes picture a great victory on the athletic field, on the battlefield, in romance or in some great life achievement. But that will not be your best day. No, your best day will be a quiet day of contemplation and the hard-won but complete and total decision to dedicate your life to the right allegiance!

Some may envision honors, positions of authority, public accolades, riches, successes or fame. But the Real You knows that your best day will be spent playing with your children or grandchildren, listening quietly as they talk and giving wise counsel and later laughter during a walk in the woods, or on the beach, or while working to-

gether in the yard. Do you know how strong, successful, handsome and smart you will be that day? How truly awesome?

You were born to do miracles. You were born to change the world. But even more, you were born to love, to be happy, to enjoy this life journey. How much you enjoyed today is a good indication of how “on target” you are right now. But if you didn’t enjoy today, don’t look outside yourself or blame other people or circumstances. On the best day of your life, you’ll know and live the truth that your happiness is entirely up to you—and controlled entirely by your thoughts and commitments, and nothing else.

Also, on your best day, your emphasis won’t be on you—but rather on serving someone, helping somebody who really needs it, on really making a positive difference in someone’s life. If you visualize yourself helping someone on your best day, and you notice the look in their eyes—really notice—you’ll know why it’s your best day.

YOUR BEST NOW

And here’s the thing: If you think your best day is in the future, you’re only partially right. Because on your best day you will live fully in the now, happily, today, in the present moment—which is the only place you feel happy and the time when you have the most power!

On your best day your heart and mind will be full of so much gratitude for the things you deeply and truly appreciate...

The world tries to convince everyone, and especially youth, that life is about ego, personal success, what others think of you, money, power or fame. All lies.

Instead of believing them, on your best day you will know and live these great and simple truths:

- Freedom is when you don’t care how you look to others, who gets the credit for the good you do, or what others think of you; but rather you focus on what is right and how you can help others feel happy...