



Teen Life, Soul Being Soul: A gentle focused guide for the teen and soul in transition

Carrie Louise

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As a teen, we are each at a time in our lives when we are usually worrying more than we have in the past. I believe that this happens because we are maturing. We are able to focus more on life around us and are getting ready to be more involved in that life. Getting prepared means learning more and learning more involves finding answers. Worrying is a process of not knowing the answers we seek. What do you find yourself worrying about? # Homework? # Relationships? # Fitting in? # Today? # Tomorrow? # Family? Everyone has worries. We spend a part of our day tossing around a worry, often without finding an answer. It's rather like playing a sport where all the players are throwing around several balls and rarely making points. Sometimes we want and need to practice focusing. 'Teen Life, Soul Being Soul' is a unique, simple, and empowering way to practice focusing: one word a day, seven words a week. Interestingly enough, when spending just a few minutes each day on your word choice, you spend less time worrying. The random tossing around of a ball turns into more baskets being made. More baskets, more points, more happiness!

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