

# THE TEEN MANIFESTO

You can use this as your road map for your tasks during your teen years. Your progress will be faster. This is what I help teens with.

1. Invent yourself and work on self-awareness: build a positive self-concept, self-story and personal definition of success. Explore yourself, the world, and the future to figure out who you are and who you would like to become. Chase your curiosity. The more experiences the better. Explore broad, choose, go in-depth in a couple of fields. You will be able to find solutions at the intersection of the field you go in depth in. Remember that school, sport and music offer you information on a silver plate, but it's very limited: you want to try the whole buffet instead, and open the fan of opportunities.
2. Your thoughts are not "The Truth": they are constructs that you made up on the basis of your (potentially inaccurate or limited) sensory information and your (imperfect) memories. Make meaning in a way that serves you: you hold the power to shape your reality by choosing the frame that serves you best. Become a pro at reframing the stories and memories that do not serve you. You may not have the power to change a situation, or the actions of others, but you have the power to make meaning in ways that are empowering to you.
3. Understand how your brain works, learn to sit with uncomfortable emotions (they are not going to kill you, but unhelpful strategies to get rid of them, such as alcohol or drugs, may), and become a pro at emotional self-regulation.
4. Try out various theories on happiness and make up your own recipe for it.
5. Try out theories on overcoming adversity, so you can withstand what life throws at you. Suffer well.
6. Explore mindsets and habits to get the most out of your life. Start with curiosity, a bias for action, problems as opportunities, chasing discomfort by living JUST outside your comfort zone, anti-fragility: from failure → growth, serve and earn.
7. Pay attention to purpose. Work and volunteering give you knowledge, skills, a network, resources, a reputation, but also confidence, self-worth, and happiness. Will you have a job (to get to the end of the month), a career (status and reputation for yourself) or a mission (helping others)? What problems would you like to fix in the world? You could have just one job at a time, or you may create a quilt of activities that fulfil you.
8. Your tribe: where are you going to find it? How are you going to get accepted?
9. Acquire the skills of adulthood. Start with money and financial literacy → compound interest.
10. Understand that most adults believe in the Neurobiological Incompetence Theory (you will make poor choices because your prefrontal cortex is not fully formed yet). Educate them in the Status and Respect Theory, which says that you may make choices that adults do not approve of because you are chasing status and the respect of your peers and you want to be seen and treated like an adult.

All these categories link back to one another and as you change one, the others will be affected. Make progress in one area and you will make progress in most of them. You are in charge. Now go out and do your research on each of these.

Or come to me, and we can move faster. I am here to support you.

*Mariacristina*

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