

EMPOWERED TEEN

A GUIDE FOR NAVIGATING
LIFE WITHOUT LIMITS



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Welcome to your **Empowered Teen** Workbook!
This was created to help you explore your strengths and goals, and develop an empowered mindset.
Think of it as a guide to help you become the best version of you—someone who is confident, motivated, and proud of who they are.

How to Use This Workbook

1. Take Your Time

Go through each section at your own pace, in a space where you feel comfortable. I suggest working on one section every day, or whenever you need some inspiration.

2. Be Real

Answer honestly—there's no right or wrong. This is your own workbook to explore what's important to you.

3. Dream Big

In the Vision Boarding and Goal-Setting sections, think about the future you want. Update your goals as you grow and get new experiences.

Think of this workbook as a guide to help you stay grounded and inspired. Check in with it regularly, and watch how much you accomplish over time. Ready? Let's dive in!

1. Embracing Growth & Self-Discovery

Personal growth is all about learning and expanding who you are. By facing challenges and discovering new things about yourself, you can become **stronger**, more **resilient**, and aware of what makes you **unique**.

Reflection Exercise

Think of a recent challenge that taught you something valuable. What did you learn about yourself?

A challenge I faced:

What I learned:

How it helped me grow:

Extra Reflection: What strengths did this challenge reveal in you? How can you use them in the future?

2. Building Self-Worth and Confidence

Self-worth is understanding your **value** and treating yourself with **respect**, no matter what. Building **confidence** means believing in your abilities and recognizing that you deserve **kindness** and success.

Reflection Exercise

Write down one thing you're proud of and one area you're working to improve.

One thing I'm proud of:

One thing I want to improve on:

A positive or encouraging statement for myself:

Extra Reflection: When you face self-doubt, remember this statement. How does it make you feel about your goals and challenges?

3. Finding and Expressing Your Voice

Your voice is your way to share who you are and what you care about. It's important to **find** it, **embrace** it, and **use** it, even if it feels challenging at times.

Reflection Exercise

If you could share one message with others that you've been holding back, what would it be?

Something important to me is:

A message I want to share:

A strength I bring to the world:

Extra Reflection: Consider how your voice could help others. Is there a situation or idea that motivates you to use your voice?

4. Vision Boarding & SMART Goals

Vision boarding is a powerful way to **visualize** your dreams. By setting **SMART** goals—Specific, Measurable, Achievable, Relevant, and Time-bound—you turn these **dreams** into **actionable steps**.

Reflection Exercise

Create a vision board by collecting or creating images and words that represent your future goals and aspirations. You can even use online tools like Canva. This is a great activity to do on your own, or with friends to encourage each others' goals.



S.M.A.R.T. GOALS

- **Specific:** What exactly do you want to achieve?
- **Measurable:** How will you know you've succeeded?
- **Achievable:** Is this goal realistic and within reach?
- **Relevant:** Why is this goal important to you?
- **Time-bound:** When do you aim to accomplish it?



5. The Importance of Your Circle

Having a “**circle**” means surrounding yourself with people who **lift you up**. Friends, family, and mentors play an important role in **supporting** you, and you can be a source of **encouragement** for them as well.

Reflection Exercise

Think about people in your life who encourage and support you. Who could you lean on, and how can you also support them in return?

Who in my life I can count on:

A quality I value in others:

A way I can be a support to others:

Extra Reflection: Why is the quality you value so important? How does it help you feel stronger and more confident in who you are?

6. Identity and Values Exploration

Your **identity** and **values** are what make you **unique**.
Embracing who you are and what you believe in can help
you move forward with **confidence** and **pride**.

Reflection Exercise

Think about the qualities, values, or traditions that make you who you are. What do you love most about yourself? How do these values or qualities guide your actions and choices?

My core values are:

Something about my culture that makes me proud is:

Someone who inspires me is, and why:

Extra Reflection: How do these values and cultural strengths shape the way you approach life?

7. Handling Societal Pressures & Microaggressions

Sometimes people make assumptions or judgments that can feel frustrating. Learning how to handle these situations with **strength** can help you stay **confident** in who you are.

Reflection Exercise

Think of a time you faced pressure or a microaggression. What's one way you might respond calmly if it happens again?

Positive statements I can remind myself of:

Ways to respond calmly to uncomfortable situations:

An example of empathy I can practice:

Extra Reflection: Reflect on a time you faced pressure or a microaggression. How did you respond? Is there something new you could try next time?

8. Mindfulness and Emotional Resilience

Mindfulness and **resilience** help you stay calm and grounded, especially during tough times. Building these skills can help you process emotions and tackle challenges head-on.

Reflection Exercise

Mindfulness can help you stay calm. Think about how gratitude and techniques like breathing exercises might help support you during stressful times.

Three things I'm grateful for today:

Healthy action I can take when stressed:

What I do to feel calm and centered:

Extra Reflection: How does practicing gratitude and mindfulness impact your mood? Write about how you can make these habits a part of your daily routine.

9. Mentorship

Building a network of **mentors** and positive role models is important for growth. Mentors can provide **guidance** and **inspiration**, helping you reach your goals more confidently.

Reflection Exercise

Consider how connecting with mentors and advisors can guide you toward your goals. Who would you like to learn from, and what would you ask them?

Someone who inspires me:

A role model I'd like to connect with and why:

An area I need support in, and who could help:

Extra Reflection: Think about how to find a positive role model, teacher, or community member for mentorship or advice. **It's important that this person is also vetted by a parent/guardian, or another trusted adult.**

10. Social Impact & Giving Back

Your actions have the **power** to make a difference.
Exploring ways to **give back** and lead with **empathy** can
help you feel fulfilled and **connected** to others.

Reflection Exercise

Think about a cause or community need that's important to you. How could you use your strengths to make a positive impact?

A passion project I could start is:

Strengths in my community I appreciate:

Ways I can show gratitude for my community:

Extra Reflection: Imagine you're leading a small project to help others. What would it look like, and who would it impact?

11. Life Skills: Time Management and Self-Care

Time management and **self-care** are vital skills that support your **mental and physical health**. Learning to set **boundaries** and establish priorities can make life more **balanced** and enjoyable.

Reflection Exercise

Consider ways that managing your time better could help you feel more balanced. What self-care habits could you add to your weekly routine?

One priority I need to focus on this week:

How I can block time for self-care and relaxation:

A boundary I want to set:

Extra Reflection: Imagine you're leading a small project to help others. What would it look like, and who would it impact?

Final Reflection

Great job completing this workbook! I hope you're excited to implement what you've learned. **Growth is a journey**—just take it one step at a time!

An Important Message for You

You've already taken a huge step by working on yourself and being open to new possibilities. Remember: no matter how tough things might get, there's help available and hope for your future. Keep believing in yourself, and reach out to someone when you need support.

Resources for Support

If you're struggling or just need someone to talk to, here are resources for help:

CANADA

- **Kids Help Phone:** A 24/7 helpline for youth. Call 1-800-668-6868 or text CONNECT to 686868. They also have online chat: [KidsHelpPhone.ca](https://www.kidshelpphone.ca)
- **Youthspace:** Text or online chat, from 6pm - midnight PST. [Youthspace.ca](https://www.youthspace.ca)

UNITED STATES

- **National Teen Line:** Call 1-800-852-8336 or text TEEN to 839863 for support from other teens and counsellors, from 6pm - 10pm PST: [TeenLine.org](https://www.teenline.org)
- **Crisis Text Line:** Free, 24/7 support by texting HOME to 741741. You'll be connected to a counsellor who can help. [CrisisTextLine.org](https://www.crisistextline.org)

INTERNATIONAL

- **Child Help Line:** A resource for youth to find help all over the world. [ChildHelpLineInternational.org](https://www.childhelplineinternational.org)

Use these resources anytime. They will support you whenever you need.

You're capable of amazing things!