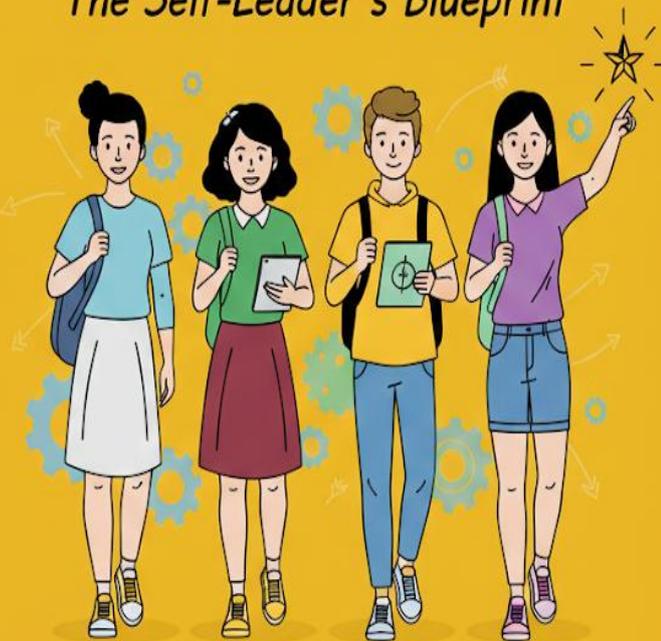




PURPOSEFUL PARENTING  
ACADEMY

# I AM NOW A TEENAGER

*The Self-Leader's Blueprint*



HERE IS A QUICK GUIDE FOR TEENAGERS

A free resource by Purposeful Parenting Academy 2025. [www.ppa.co.tz](http://www.ppa.co.tz) |  [dr\\_gladyparenting](https://www.instagram.com/dr_gladyparenting)

# I am now a teenager 🦋

## *A Guide to My New World, My New Responsibilities, and My Growth*

Congratulations! You have entered one of the most exciting seasons of your life. Being a teenager is the bridge between being a child and becoming an adult. This guide is here to help you cross that bridge with confidence, respect, and wisdom.

### 1. The Power of Choice

Now that you are older, you have more freedom. But remember: *Freedom is a reward for responsibility.*

- **Self-Discipline:** You don't need a parent to tell you to clean your room or start your homework or doing home chores. Doing it on your own shows you are ready for more privileges.
- **The "Why" Matters:** Start asking yourself *why* you make certain choices. Are you doing it because it's right, or because everyone else is doing it?

### 2. Digital Citizenship

*Most people are slaves to their phones. A leader is the master of their tools.*

- **The 90-Minute Rule:** Avoid screens for the first 45 minutes of the day and the last 45 minutes before bed. This protects your focus and your sleep.
- **The Consumption vs. Creation Balance:** Use your device to learn a skill or create something, not just to mindlessly scroll. If you feel drained after being online, you aren't leading; you're being led.

*Your phone is a tool, not your master. To keep your brain sharp and your heart happy, commit to these Screen-Free Zones:*

- **The Dinner Table:** Disconnect from screen, WiFi. Talk to your family.
- **The Bedroom (After Curfew):** Protect your sleep; it's your brain's "recharge" time.
- **Outdoor Play:** Move your body. Your health is your greatest wealth.
- **Prayer & Reflection:** Give your soul a break from the digital noise. Connect with your Creator. Honor God and love Him with all your soul, heart, and mind. ([Add more your family screen-free zones](#))

### 3. Emotional Intelligence

*Your brain is literally "remodelling" itself right now. You might feel big emotions.*

- **Think Before You React:** If you're angry, take five deep breaths before speaking.
- **Communication:** Talk to your parents. They were teenagers once, too! They want to understand your world, even if it feels different from theirs. Communicate with respect.

### 4. Friendships and Peer Pressure

*Friends are important, but your values are more important.*

- **Choose Wisely:** Surround yourself with people who celebrate your success and encourage you to be a better person everyday.
- **The "Physical" Over the "Virtual":** Spend time playing games, laughing, and talking in person. Likes on a screen can never replace a real hug or a shared laugh.

### 5. Safety and Focus

- **The Kitchen:** Safety first! No phones near the stove or gas.
- **The Study Desk:** When it's time for homework, the phone goes in another room. Focus for at least 45 minutes, then take a 5-minute "screen break."

### 6. Morning and Night Rituals

- **Win the Morning:** Spend your first 30 minutes offline. Pray, stretch, and set your goals for the day.
- **Protect the Night:** Avoid screens at midnight. A tired teenager is a stressed teenager.

### 7. Physical Excellence and Hygiene

*Respecting yourself starts with how you treat your body. It is the only "house" you have to live in forever.*

- **The Basics:** Shower daily, use deodorant, and keep your hair and teeth clean. This isn't about vanity; it's about signalling to the world that you are disciplined.
- **Fuel and Rest:** You cannot lead a kingdom if your engine is running on junk food and four hours of sleep. Aim for 8–9 hours of rest to let your brain finish its "construction" work.

### 8. Relationship Dynamics

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- **Friends:** Choose "Level-Up" friends. If your circle lacks ambition or mocks your values, they are not your tribe.
- **Parents:** Move from "Compliance" to "Collaboration." Instead of waiting to be told what to do, ask: *"What can I do to help today?"* This one question reduces friction by 90%.
- **Society:** Practice "Social Awareness." Look people in the eye, offer a firm handshake, and say "please" and "thank you." These small acts of respect set you apart from the crowd.

## 9. Work Ethics: School and Home

*Hard work is a muscle. If you don't flex it now, it will be weak when you are an adult.*

- **Academic Ownership:** School isn't for your teachers or parents; it's for you! Even in boring subjects, you are practicing the ability to focus on difficult tasks.
- **Home Chores (The Mastery Mindset):** Don't do chores to "get them over with." Do them to show you can manage a household. A leader leaves a room better than they found it.

## 10. Self-Esteem and Confidence

*Confidence is not a "vibe" you wait to feel; it is a muscle you build by taking action.*

It isn't about being the loudest person in the room or knowing you'll never fail. True confidence is the quiet realization that you can handle the outcome, even if it's not perfect.

- **The "Action First" Rule:** Most people think they need confidence before they try something new. It actually works the other way around. You take a "brave step" first, and the confidence arrives *after* you see that you survived the challenge.
- **Silence the Comparison:** Your self-esteem is often stolen by your phone. When you compare your "behind-the-scenes" life to everyone else's "highlight reel," you will always feel behind. A leader measures themselves against who they were yesterday, not who someone else is today.
- **The Power of Small Wins:** Confidence grows every time you master a small skill. Whether it's learning to cook a great meal, fixing a bike, or finally understanding a math concept, these "small wins" prove to you that you are capable.
- **Your Value is Fixed:** Understand that your worth doesn't go up when you win or down when you fail. You are valuable because of who you are, not just what you do.

## 11. Spiritual Foundation and Daily Devotion

**The Morning Sit:** Spend 10–15 minutes every morning in silence, prayer, or reading a sacred text.

- **The Daily Devotion:**

- **Reflect:** What am I grateful for today?
- **Read:** Choose a proverb or a passage of wisdom.
- **Request:** Ask God for the strength such as to be kind, committed, patient, and disciplined.

Daily Discipline	M	T	W	T	F	S	S
<b>Spirit:</b> Morning Devotion/Prayer completed							
<b>Hygiene:</b> Groomed & dressed smart							
<b>Mind:</b> Schoolwork/Study done with excellence							
<b>Home:</b> Chores completed without being asked							
<b>Screens:</b> Stayed within my time limits							
<b>Relationships:</b> One act of kindness/respect shown							
<b>Body:</b> 30 mins of movement or healthy eating							

**Weekly Reflection:**

- What was my hardest challenge this week? \_\_\_\_\_
- How did I lead myself through it? \_\_\_\_\_
- What could I do better? \_\_\_\_\_

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### THE SELF-LEADER'S COMMITMENT

"I, .....[Name], recognize that I am the pilot of my own life. I commit to leading myself with integrity, respecting my body and mind, and contributing to my home and community with a spirit of excellence. I refuse to let my moods decide my future; I take full command of my choices and my character.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

To get more for teenagers, get a copy of a book titled: **'30-Day Teenager Diary'**, it's full of wisdom on a day to day life with a purpose.

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