



The Power of I Am

Smooth Transitions 4 Teens is written in the first person for a very important reason.

Every time you think or say, “I am”, you are coming from a place of knowing, resolve, and

what you are being now.

Every time you read an objective in Smooth Transitions 4 Teens which contains the words

“I am”, or “I”

you are thinking from this place of doing and being.

As you take the steps, creating your perfect life,
you are working with the power of your inner knowing.

This is where your power lies.

INTRODUCTION

I have everything I need inside me right now to create a happy, prosperous, purposeful life. I have the ability to create the lifestyle I enjoy. Something I look forward to every day. I am taking the steps, doing what my heart leads me to do. I am building my self-confidence. I'm making a positive difference in the world. I surround myself with people who lift me up.

I Am Creating the Life I Choose - Starting Now.

As I begin, I page through all of Smooth Transitions 4 Teens to become familiar with its contents. This helps me get an overview, to identify possible choices I might make.

I connect with positive people around me who are willing to assist me in learning new skills, as I prepare for my future. Personal relationships and a healthy community are essential for me.

I blend the benefits of my personal relationships with the advantages of teaching myself, by checking out videos at www.smoothtransitions4teens.com. I intentionally select additional videos which I pick, to ignite my curiosity for exploring options for my future.

Videos and other electronic resources are powerful, but there is no substitute for healthy community, with people to people contact. A healthy community is where everyone acts to take care of each other.

I gain insights into the successful lives of dozens of noteworthy people through their life stories and quotes found throughout Smooth Transitions 4 Teens (ST4T).

My goals and ideas for the future may change. As circumstances change, as I experience new things, meeting new people, I make adjustments. It is very likely I will go through a period of trial and error. I may replace a career or education path, which looked good to me 6 months or a year ago with something new.

Even if I don't have any idea what my future might look like, I begin by making a commitment to myself. I face the unknown. I take the first step.

“Banish the doubt and carry it out.”
Dr. Wayne W. Dyer

I start by thinking about what is important to me, what I have already accomplished, who is there for me. I take the I Am Starting Survey, continuing with 10 Steps to Creating My Perfect Life.

I focus on my Personal Objectives and those which are most timely and important to me first. I skip those which do not apply to me.

I do not have to complete all the objectives in this book. For example, if I have a job, volunteer 6 hours per month and don't intend to do an internship, I simply skip the entire internship category.

I have many options for creating my future the way I want to. I can choose to spend more time in the beginning creating the big picture for myself, thinking about my Personal Goals. I can explore videos that interest me in the Circle of Support, Employment, Interpersonal Skills, Internships, or Volunteering categories on the Smooth Transitions 4 Teens (ST4T) video channel.

I have open space at the end of Smooth Transitions 4 Teens to help me organize as I accomplish my goals, with 24 monthly My Plans pages. At the beginning of My Plans, I find references to the (Hope Journeys) Video Channel.

This channel introduces me to many critically needed Social Improvement Career Options, including Climate Crisis, Earth Stewardship and Social Justice. Watching these videos could draw me toward a potential career path. Even if I choose a career path different from those suggestions, I can still do my part by investing in, volunteering, contributing to, or supporting in some way to a brighter, more durable future for our society and our earth. These efforts will pay ongoing dividends now and for future generations.

Additional videos on the (Hope Journeys) YouTube channel inform me about practical Community Building Choices and Positive Relationship Approaches, providing strategies to help me connect with others, help someone else, and to grow from within.

As I record my information in the various categories of Smooth Transitions 4 Teens, I am gradually creating my own Personal Portfolio. When I go on job, internship, apprenticeship, or volunteer interviews, I take Smooth Transitions 4 Teens with me. I have everything at my fingertips to show and describe my accomplishments. I know a challenge like this takes time and effort.

I act and don't look back. I am totally worth it!

I routinely go to (ST4T) and (Hope Journeys) YouTube channel links on the website FIRST. This helps me get started. It assists me in completing objectives in ST4T.

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www.smoothtransitions4teens.com

I go to www.smoothtransitions4teens.com

(ST4T) YouTube video channel:

10 Steps/Goal Setting/Time Management

The Strong Secret to Success

Earl Nightingale

Source: After Skool

“Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored”

Earl Nightingale