## Charge Up Your Life Workbook For Teens And Young Adults

#life skills for teens #personal growth young adults #teen self improvement workbook #youth empowerment guide #boost confidence for teens

Empower teens and young adults to navigate life's challenges with confidence. This transformative workbook provides practical exercises and actionable strategies for personal growth, helping youth develop essential life skills, foster self-awareness, and achieve their full potential. Ideal for anyone seeking to boost motivation and cultivate a positive mindset.

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JAMILA MUSAYEVA International social etiquette consultant

YOU ARE WHAT YOU DO

LITTLE GAINS OVER LARGE LEAPS

SORITES PARADOX

YOUR IDENTITY IS YOUR REPEATED BEINGNESS

NOTICE & CALL OUT STACK YOUR HABITS

AFTER CURRENT HABIT + NEW HABIT

**ENVIRONMENT MATTERS & LAW OF LEAST EFFORT** 

AVOID TEMPTATIONS; DO NOT RESIST THEM

MAKE THE HABIT ATTRACTIVE

MIND THE GROUP

FREQUENCY OVER EVERYTHING

**GETTING STARTED** 

**KEEP TRACK & GET A PARTNER** 

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Intro

The Happiness Hypothesis

**Atomic Habits** 

Financial Security

I Will Teach You

Journal

Art of Not Giving an F

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10 BOOKS THAT CHANGED MY LIFE // feminine + self improvement book recommendations - 10 BOOKS THAT CHANGED MY LIFE // feminine + self improvement book recommendations by Jillz Guerin 76,364 views 2 years ago 18 minutes - I'm finally sharing **my**, top 10 **book**, recommendations for you guys! Books are linked down below! These are books all women ...

10 Books You Should Read

Book #1

Book #2

Book #3

Book #4

Book #5

Book #6

Book #7

Book #8

Book #9

Book #10

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with 222 pages, 8.5 x 11 size is designed to help women and **teens**, tap into their inner ...

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Intro

The Expectation Effect

No Bad Parts

Dopamine

**Untethered Soul** 

The Happiness Hypothesis

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Common Stocks and Uncommon Profits by Philip a Fisher

12 Classic Tales from the World of Wall Street by John Brooks

Where Are the Customers Yachts by Fred Schwed

The Little Book of Common Sense Investing by Jack Bogle

Poor Charlie's Almanac the Wit and Wisdom of Charles T Munger Edited by Peter Kaufman

The Intelligent Investor by Benjamin Graham

Value Investing

Uncommon Sense for the Thoughtful Investor by Howard Marks

The Outsiders by William Thorndike Jr

The Clash of the Cultures Investment versus Speculation

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Introduction

What is 5AM CLUB

The importance of waking up early

Spend the first hour wisely

The first hour formula

Keeping your environment clean

Surround yourself with the right people

Place yourself in voluntary discomfort

Habit installation takes 6 to 6 days

Get the right amount of sleep

I read 117 books on money — these 17 will make you rich - I read 117 books on money — these 17 will make you rich by Iman Gadzhi 1,907,199 views 5 months ago 21 minutes - Connect With Me On Other Platforms: Instagram: @imangadzhi Twitter: @Gadzhilman.

Intro

The Alchemist

Think and Grow Rich

**Atomic Habits** 

**Setting Expectations** 

Work Smarter Not Harder

The Lean Startup

The 48 Laws of Power

The Personal MBA

Misbehave

The House of Morgan

The Hindmost

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RICH DAD POOR DAD

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Intro

Children

Maybe they will change

The outward behavior is bad

The difficulties cant be disputed

Children have no options

Stay or Leave

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Intro

The Baron Grounds

Roller Girl

After My Own Heart

The Wing Feather Saga

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**Book Review** 

Outro

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Intro

Blink

Saga

Storytell

Photo Editing

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Been workin' on this bad boy for 50 years... HERE IS MY BOOK, LINK!!

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