

things i wish i knew in my teens

stop expecting perfection

it doesn't exist...anywhere...anytime...even as an adult! regardless what it "seems" like. do your best and forget the rest.

do what you want - be who you want to be

if it's not hurting yourself or others, EMBRACE it! don't let anyone bring down your dreams.

failure doesn't mean you're weak

we all mess up. we all have insecurities. yes, even as adults! sure, be discouraged but move on from there. mistakes strengthen our character. there's always something to work on but we're always moving forward.

protect yourself

staying positive is easier when you're not around people who always make you feel crappy or make you feel like you can't be yourself. it may be time to move on. true friends will celebrate who you are.

enjoy your own company

we all have strong and weak points in our character and our talents. focus on your good points. find things you truly love spending time doing or creating. who knows? that passion may be your future career!

never, ever give up

we all make mistakes. we all mess up sometimes. the most important thing is that you make an effort. don't be afraid to try.

i'm in love

not necessarily. those butterflies in your stomach? could be nerves. anyone you like should never make you feel bad. anyone who guilt's you into doing something or makes you feel stupid or powerless or terrible in general is not worthy of your time or attention.

bad things will happen

but when have you NOT gotten through something? YOU ALWAYS HAVE. And if you need outside help, find it. Talk to anyone who cares and will listen.

you don't need to know what you want to do with the rest of your life

school is a small part of your life. being cool doesn't matter in the 'real world'. don't stress, just keep following what makes you happy.

have fun and be kind

have a blast! this is the time for so many opportunities, figuring out your likes and dislikes, making mistakes, having experiences-- it's awesome. And get this: life continues to be that awesome. you'll never stop growing, changing, and learning about yourself. That never stops, your whole life. The sooner you embrace that mind-set, the more enjoyable life is.

You will make it through. Your life can be amazing.