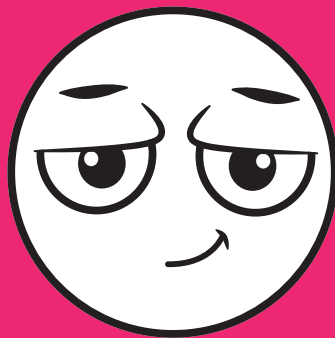


# Hack 13



## To Change Or Not To Change

“ Every person has the power to change themselves, their lives, and their future. ”

(Y.B)



Well done! You've made it to the final chapter. However, if you close the work book and forget all about it, I'll wonder if you missed the point.

You see, I didn't create this work book so you could read about becoming a successful young adult; I wrote it so you could actually become one. Read on to discover the last and perhaps most important life hack.

Change, change, change. Everybody wants change. For example, if you live in a rainy country such as England, you may want to change the weather; similarly, if you've been wearing the same clothes for a long time, you may want to change them for new ones. The only change we don't like making is to ourselves. As we have discussed several times (particularly in Hack 7: I.C.B.B.), change can be hard and requires patience, which usually means it's at the bottom of our to-do list. But here's the thing: a happy and successful teen is made, not born. If you are willing to put in the work and make the necessary changes, you will truly become happy & successful.



**Have you ever tried to change something about yourself before, and how did it go?**

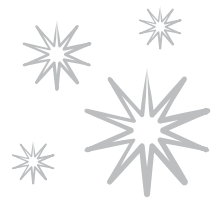
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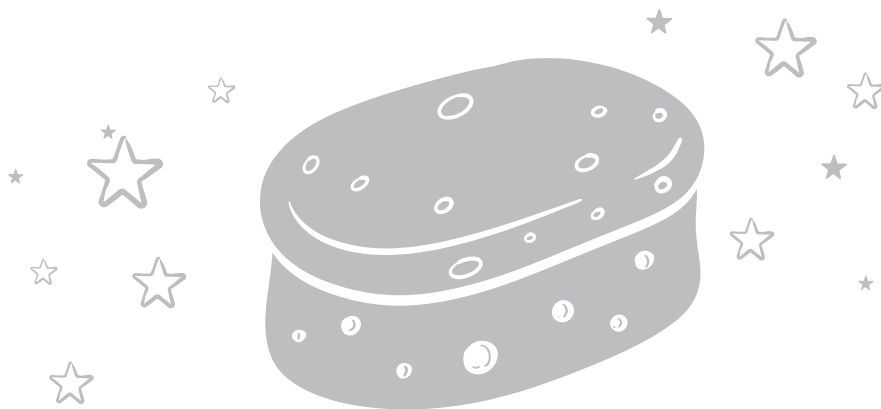
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# Did you know

The teenage brain is incredible. It learns faster, adapts quicker, and absorbs more than an adult brain ever could.

Your brain is full of plasticity, which means it's open, flexible, and constantly building new skills. Every day it's getting better at things like organising, problem-solving, and making decisions, all the things that shape who you're becoming. It's genuinely one of the most powerful learning stages of your entire life.





## Why change now?



## Pour yourself a glass of water and hold it in your hand. How heavy is it?

If you hold it for a minute or two, it's pretty light. If you hold it for an hour straight, its weight could make your muscles ache a little. If you hold it for a few hours, your arm will likely cramp, become numb, forcing you to drop the glass to the floor. The longer you hold that glass of water, the heavier it will feel. It's not the relative weight of the glass that matters, but how long you hold it.

Negative character traits are similar to the glass of water. Since they won't initially affect you so badly, you can live with them for a short while. However, as the months and years pass and no change is made, the negative traits will weigh you down and down and down.

The less ingrained these traits are within you, the easier it is to change or channel them. This means there is no better time in your life to change and improve than now. But hurry before those negative traits become more challenging to eliminate.



### Task:



**Why do you think it's easier to make changes as a teenager than it is later in life?**

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At this point, you may have a bunch of questions. You may be wondering, "What should I change?" "Am I ready for a change?" and "Can I change?"

Let's discover some answers.