

"Cool Stuff"™

they should teach in school

Cruise into the real world

... with styyyyle™

Jobs / People Skills

Attitude / Goals

Money

*Written by teens
for teens,
young adults,
& curious parents*



**Kent Healy
Kyle Healy**

EVALUATE

YOURSELF

Thinking of putting down this book? Before you do, you might want to ask yourself...

- >> Do you know what you want out of your life?
- >> Do you always leave a good impression with your peers and adults?
- >> Do you know specifically what employers are looking for when hiring?
- >> Do you know how to start your own business and become your own boss?
- >> Do you know how to handle your money and get it to work for you?
- >> Do you know how to motivate yourself to reach your FULL potential?
- >> Do you know how to get the life YOU WANT?

In this book, we will give you some extra momentum so you can live the life you want and deserve. If you promise to read and apply this information to your life, we promise you will see an improvement. Sound good? Let's go!

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WHO ARE YOUR MATES?

Ask yourself, “Who are my friends?” They play a bigger role in your life than you think. Your friends influence your attitude, opinions, and the way you handle situations in your life. Whether you recognize it or not, you will rise or fall to their level. Take sports, for example. When a good team plays a better team, they usually rise up to the challenge and play better. And when a good team plays a weaker team, they often play down to their level. We cannot emphasize this enough: Who you hang out with will affect your potential!



The friends you choose are a reflection of you. Spooky, huh? An old Jewish proverb states, “A person can look in the mirror, but if they really want to know themselves, they should look at the friends they choose.” Try to find friends that challenge you to become a better person.

“Cool Stuff”

YOU CAN'T SOAR LIKE AN EAGLE
WHEN YOU HANG WITH TURKEYS.

While attending different schools, we discovered an interesting concept about the impact of our friends on our performance. It

The *Cool* element

Step 1: Select five people who you think are “cool.” They can be famous or just friends from school. (There is no wrong or right answer!)

Step 2: Next to their names, list (briefly) the reasons why you think they are “cool.”

Person 1: _____

Reasons: _____

Person 2: _____

Reasons: _____

Person 3: _____

Reasons: _____

Person 4: _____

Reasons: _____

Person 5: _____

Reasons: _____

Step 3: Look over your list, and circle any recurring words. The traits you circle are typically what you define as “cool.”

Note: What you discover may surprise you. It sure surprised us. You might find that your answers are very different than what you originally thought was “cool.”

ATTITUDE IS A CHOICE

IF YOU DON'T LIKE SOMETHING,
CHANGE IT.
IF YOU CAN'T CHANGE IT,
CHANGE YOUR ATTITUDE.
DON'T COMPLAIN.

—Maya Angelou

In most cases, the difference between an ordinary person and a successful person, or between a happy person and a depressed person, is attitude. And attitude is a choice. Think about it ...

Your mindset helps determine the outcome of most situations. This is how it works: Each day is full of different challenges. They can be good, and they can be bad.

It's like poker; you can't determine the cards you are dealt. It's how you play them that matters. You may not be able to control the obstacles that come your way, but more importantly, you can choose how you handle them. The bottom line is:

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LIFE IS 10% WHAT HAPPENS TO YOU
AND 90% HOW YOU REACT TO IT.

what they wanted and how to get it.

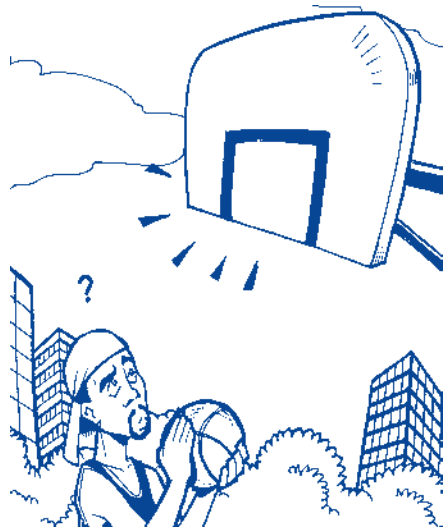
We know these people really well. These “people” are my brother and me.

ARE GOALS REALLY THAT IMPORTANT?

Much of your future depends on two things: the goals you choose and the habits you create. Goals give you a target to shoot for. For example, in sports, the goal is where players score; without a goal, there is nowhere to score ... no way to play the game.

Life is a game too – the most important one you’ll ever play! Don’t you want to win?

Without goals, you’re a bystander or a spectator, watching your own life. How can you possibly “win”? You could have the greatest attitude, the strongest passion, and all the enthusiasm in the world, but if you don’t direct your energy, all that effort is wasted.



The Cheshire Cat said it best:

IF YOU DON'T KNOW WHERE YOU WANT TO GO, ANY ROAD WILL TAKE YOU THERE.

EVERYBODY'S DOING IT



Come on, man! Everybody's doing it. If you don't read this chapter, you're a loser!

Every time we changed schools, moved to a different city, or experienced a new culture, we received a welcoming gift: peer pressure. It's kind of like the Christmas gift from Grandma. You know ... the unique, hand-knitted, one-of-a kind sweater with a "COOL" reindeer on the front. Yeah, right!

Thanks a lot!

Peer pressure is something nobody wants but everybody gets. Just about every time it is mentioned, people roll their eyes and say, "Ha—that doesn't affect me!" But it does. We all know it exists, and believe it or not, everyone is affected by it. Just look at the way you dress, the group you hang out with, the music you listen to, even what you eat. Don't believe it? Take a second to imagine what your life would be like if others didn't influence you at all ... heck, you'd probably throw on that unsightly reindeer sweater!

If you think peer pressure is limited to school and to your teenage years, you're wrong! It will be with you your entire life; it is part of the real world. How you deal with it now will determine how you deal with it for the rest of your life. That's a long time to carry around worthless trash, so why not get rid of it now?



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DO I WANT TO BE EVERYBODY
OR DO I WANT TO BE SOMEBODY?



My "To Do" List:

- Realize that peer pressure has different forms. It can come from within me and still involve my peers.
- Become immune to peer pressure by building my self-confidence.
 - How I decide to use my body language, eye contact, and tone of voice will determine how others treat me.
 - Bail other people out of uncomfortable situations.
 - Approach people who will give the right and honest advice, not just what they think I want to hear.
 - When I give advice, I'll always seek to help, not please.
 - Trust and listen to my instincts because if I feel something's wrong, I'm probably right.
 - Avoid potentially awkward situations.
 - Be prepared for situations I'll probably face.
 - Be comfortable and confident with who I am.

PEOPLE SKILLS

We devoted an entire chapter to making a good impression. It's that important! But it's even more important to keep the reputation you earned.

Think of someone who makes you feel special and appreciated. What does she do that makes you feel that way? Now think about someone who everyone likes. Why does he consistently get that response?

We wondered too! So we did the research, and we have found that ...

IT'S ALL ABOUT OTHERS

This is possibly the most valuable skill of all. Unless you want to be a hermit and live in the woods entirely by yourself, you'll have to make an effort to treat others how you want to be treated:

*THE WAY TO MAKE A GOOD FIRST
IMPRESSION IS TO SHOW OTHER PEOPLE
THAT YOU ARE IMPRESSED WITH THEM!*

—J.R. Parrish

Bull's-eye! When you focus your positive energy towards others (rather than on *you, you, you*), you'll find things start going your way. If you are meeting someone for the first time, wouldn't you get a

IF YOU CONTINUE TO DO WHAT YOU'VE ALWAYS DONE, AND YOU CONTINUE TO THINK AS YOU'VE ALWAYS THOUGHT, YOU WILL CONTINUE TO GET WHAT YOU'VE ALWAYS GOTTEN.

— Unknown

Picture this: The year is 2055. Kent and Kyle are slumping in their rockers, doing what they do best ... reminiscing about the past.

Kyle: *Hey, Kent! I been thinkin'. Remember that time you said something ridiculous about writing a book together? I think of that every once in a while, and I just laugh. And we were only teenagers!*

Kent: *Why? What's so funny? We could have written that book...*

One thing for sure: When we're older, we will NOT regret “the Cool Stuff book we never wrote.” For over three years, we worked on this book—writing, reading, researching, and of course, rewriting and rewriting and then rewriting again. Talk about a lot of work!

We have made a lot of mistakes, but we KNOW we did one thing right: We followed our dreams. We followed through until we completed our goal. Sure, there were times when it felt like we were getting nowhere. Our focus and our determination were tested all of the time, but every time we were tested we remembered this little (but important) lesson:

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**TAKING EVEN ONE SMALL STEP
MEANS YOU'RE MOVING FORWARD.**

And the sum of all our “small steps” brought us to the end of our three-year-long journey. We achieved our objective and finished this book while we were both in our teens. You may not want to write a book, but hey, your goals and aspirations will become possible the minute you believe and commit to them.

No, creating the life you want is not going to be a “piece of cake.” However, it’s A LOT easier to head in the right direction now rather than trying to correct your course later. Like we said earlier, it’s easy to find reasons not to do something. You don’t even need to look for them—excuses will always be there.

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DON'T MAKE EXCUSES. MAKE IT HAPPEN!

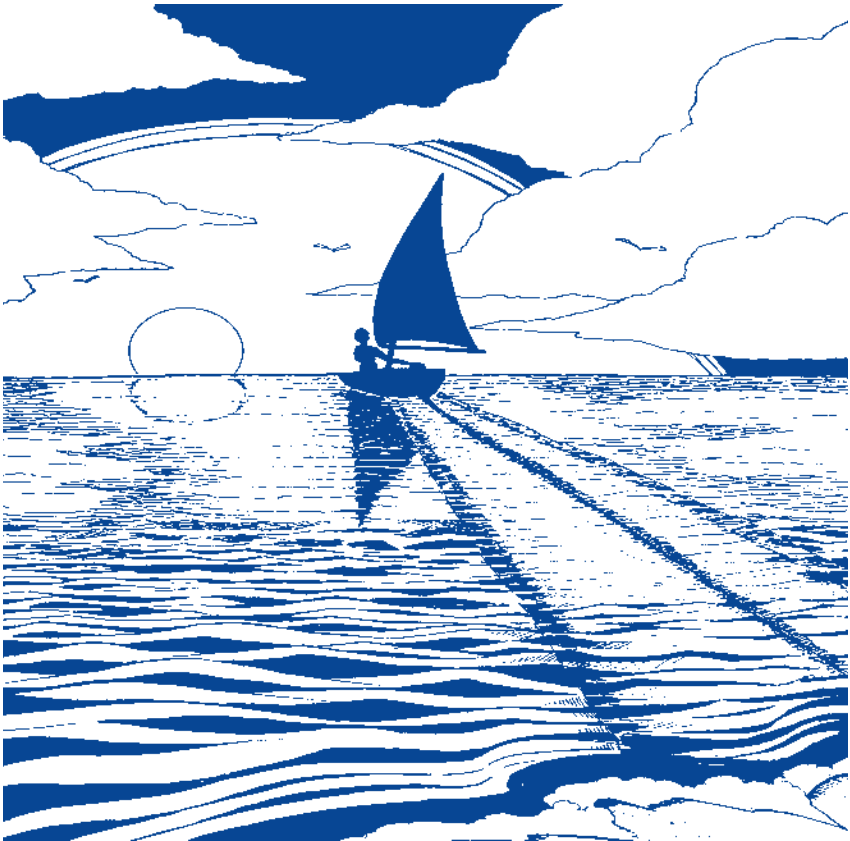
Take action! It’s simple: If you do nothing, you’ll get nothing. If you wait for other people to make decisions for you, you will get results (but not necessarily the ones you want).

Your future lies in your hands—no one else’s. Advice will always be there for you to take or leave, but in the end, only *your* decisions matter. Shape your life by making the right ones. Finish what you start, and be the person you know you can be.

TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS THAT YOU DIDN'T DO THAN BY THE ONES THAT YOU DID DO. SO THROW OFF THE BOWLINES. SAIL AWAY FROM THE SAFE HARBOR. CATCH THE TRADE WINDS IN YOUR SAILS. EXPLORE. DREAM. DISCOVER.

— Mark Twain

In the year 2055, what will YOU be saying to your brother, your best friend, your grandkids? Hmmm ...



"I've read a lot of books for young people, but this is the best one yet!"

- Jack Canfield. Co-author, *Chicken Soup for the Teenage Soul* and *Chicken Soup for the College Soul*

"Cool Stuff is a mountain of information and inspiration broken down into powerful bite-size pieces. It's the one book your competitors won't want you to read."

- Holly Beck. Pro surfer and winner of the "Female Extreme Athlete" title at the Teen Choice Awards

"This isn't just a book; it's a movement!"

- Dan Poynter. Author of 100+ books including *The Self Publishing Manual*, and international speaker

Some **"Cool Stuff"** you'll discover:

- >> How to thrive in the real world
- >> What you must know about money
- >> How to control your attitude so you can control your life
- >> How to conquer peer pressure and other tense situations
- >> The tactics to getting the job you desire
- >> How to communicate effectively
- >> How to set goals to get exactly what you want

After all, why stumble into the real world when you can cruise in ... with styyyyyle?

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www.coolstuffmedia.com

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