

5 CRUCIAL skills

Every Teen Needs After High School
(and signs that they don't have them)



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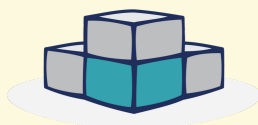


CRUCIAL Skill #1

How to identify the true cause of **ANY PROBLEM** and how to solve it.

Signs Your Teen Doesn't Have This Skill:

- ☐ Lots of “unsolvable” problems
- ☐ Feels victimized often
- ☐ Feels powerless
- ☐ Never knows how to improve their situation
- ☐ Things “can’t” be done or problems “can’t” be solved



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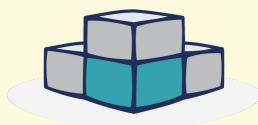


CRUCIAL Skill #2

How to handle the **BIG EMOTIONS** that are a part of real life.

Signs Your Teen Doesn't Have This Skill:

- ☐ Is often overwhelmed
- ☐ Feels swallowed up by emotions
- ☐ Blames other people for how they feel
- ☐ Life is a rollercoaster, lots of ups and downs
- ☐ Is anxious, stress, or worried a lot
- ☐ Gets angry easily



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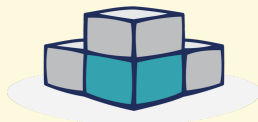


CRUCIAL Skill #3

How to create **SUCCESSFUL** **RELATIONSHIPS** with anyone.

Signs Your Teen Doesn't Have This Skill:

- ☐ Talks a lot about how unfair superiors are
- ☐ Not too many close or long relationships
- ☐ Doesn't get along with most teachers
- ☐ Always put in groups they don't like
- ☐ Doesn't make friends easily
- ☐ "Other people are the worst!"



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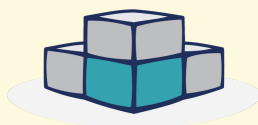


CRUCIAL Skill #4

How to develop a
SELF-IMAGE
that makes them unstoppable.

Signs Your Teen Doesn't Have This Skill:

- ☐ Has low self-esteem
- ☐ Worth fluctuates with successes or failures
- ☐ Changes their goals frequently
- ☐ One comment can ruin their day
- ☐ Surrounds themselves with false pleasures



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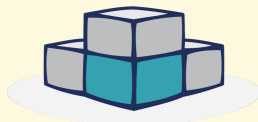


CRUCIAL Skill #5

How to motivate yourself to
TAKE ACTION
even when you don't feel like it.

Signs Your Teen Doesn't Have This Skill:

- ☐ Completes assignments last minute
- ☐ Doesn't complete assignments at all
- ☐ Wastes time on less important things
- ☐ Doesn't take action on things they want
- ☐ Is a low achiever



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CRUCIAL Skills Results

If your teen has two or more signs for not having a skill, count it as one they are missing.

How many skills is your teen missing?

0

1

2

3

4

5

Great

Not So Great

Uh Oh

"What do I do if my teen is missing too many?"

**Get your teen the crucial
life skills they are missing.**

Free Teen Workshop

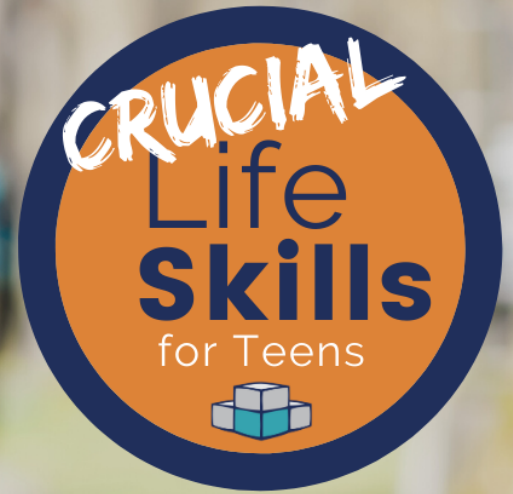
Get a free 30 minute workshop for your teen
to help improve the skill of their choice.

[Book Now](#)

or go to
<https://calendly.com/firmlyfounded/freeworkshop>

**30 minutes could change
the next 30 years of their life.**

A New Course for Teens



**A 3 Month
Training Course**

A course designed to give teens the skills schools aren't teaching them

What they get:

- one-on-one coaching workshops
- engaging training videos
- rewards and prizes for completing tasks
- bonus content exclusively for teens

For more info, visit
www.firmlyfounded.com/crucialskills