

THEGIRLWHODOESEVERYTHING.NET

100  
THINGS  
*I WANT TO TELL*  
TEEN  
GIRLS

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# 100 Things I Want to Tell Teen Girls

*Advice from a college girl*

I'm not an expert at the teen years at all. I don't have all the answers. Trust me. I was just a teen a few years ago. But I don't want you to think that your teen years are going to be the worst times of your life just because someone bullies you or you feel lonely. The teen years can be the best years of your life!

So I have made this list. This is a list of many of the things I learned while I was a teen or some things I learned after my teen years that I wish someone had told me then. And this list is for you. You can read it and highlight your favorite tips. You can write out some pieces of advice and pin them to your wall. You can even trash this list and I won't even get mad (mainly because I would never know.) But I hope it helps. I hope you learn something that you never knew. I hope this list can make a difference in just one aspect of your life. I hope if you read this entire list and you only get one thing from it that that one little tip will help change your life.

# Life

1. Rule number one: always be yourself - everyone else is already taken.
2. Relax. Don't stress yourself out about little things. Realize when you need to take a break and do it. I don't mean be lazy. I mean just take a break sometimes. Read a book, write a letter, sit outside and listen to music, paint with watercolors, browse Pinterest. Take a moment and just breathe to clear your mind. Life isn't going to go by too fast that it won't allow you to take a break.
3. Be real. Be genuine. Your enemies will hate that. Everyone else will love it.
4. Listen to instructions. It's better to listen to how things are supposed to be done than to get halfway into whatever you are doing and realize you have to start all over because you didn't listen the first time.
5. "No one can make you feel inferior without your consent." - Eleanor Roosevelt
6. It is 100% okay to shop at thrift stores. Don't let anyone ever tell you otherwise. Because in ten years when you have a great job and a gorgeous wardrobe that you saved a ton of money on, you can laugh in that girl's face that made fun of you in high school for shopping at a thrift store. Why? Because she will probably be broke from being too high maintenance and blowing all her money on designer clothes. I'm just joking. Don't laugh in her face. That's not nice.
7. When someone lets you borrow something, give it back. And don't wait until after you graduate college and are moving out of your home to clean out all of your stuff and realize that you didn't give your friend back her copy of *Princess Diaries* that she let you borrow in 2012.
8. Learn to be organized. Don't take pride in having a messy room or locker by saying "It's just the way I am" or "it's just my personality." Your college roommates will not think it's okay when you leave your wet towel lying on the bathroom floor and when you shove all of your dirty and clean clothes into drawers that can't close anymore. And you're future husband won't think it's attractive when the dishes are piled high in the sink and he can't find any clean clothes because they are still in the washing machine. Your high school years are the best time to get ready for the future by developing a system that helps you stay organized.
9. When you're angry, count to ten before responding. When you're really angry, count to one hundred.

10. Get your homework done on time. Study for all of your tests. Try your best in school. You are there for a reason. Don't be that girl that thinks it's funny or cute to say that you failed a test or that you didn't study or do your homework. When you're in college, you won't think it's funny or cute to have to repeat classes you failed in order to graduate and you won't think it's funny or cute when you realize that you ultimately threw \$30,000 down the drain because you wanted to have fun instead.
11. Learn to budget your finances, balance a check book, and even pay your taxes. You may not need to do any of those things just yet, but it's good to know them now instead of waiting until you're on your own to learn how to do it.
12. Be thankful. You never may not see it right away, but sometimes even seemingly bad circumstances are blessings in disguise.
13. Don't EVER text and drive. Also, don't tell yourself that you're being careful why doing it. It only takes a split second to get in an accident and ruin lives. Just don't do it.
14. Respect your authority - even if you don't think they deserve it. God has placed them in your life for a reason, whether it's to protect you, to guide you, or to give you an example of the kind of adult you do not want to become.
15. Never stop learning new things. Read informative books, watch documentaries on things that interest you (trust me, documentaries aren't always boring), read blogs written by people who do interesting things. The world is full of incredible things that you may have never heard about before. Go find them!
16. Negativity never makes a situation better even if whatever you are thinking or talking about is true. Choose to see the positive side of a situation because there really is one! That doesn't mean that you dismiss the severity of the hard times, but it does mean that you choose to dwell on the good in the situation instead of the bad.
17. You don't have to buy something the first time you see it. You can wait until it goes on sale, you have a coupon, or if you find a similar item for a cheaper price. Learn to be frugal. Your wallet will thank you and so will your future college student self.
18. Maintain a balance between living in the moment and looking toward the future. Don't wish today away, but make sure you are making good choices and having dreams that will effect tomorrow.
19. The only reason you should be thinking about your past is to never make the same mistakes again.
20. Be careful when surfing the internet. The internet can be a really valuable tool when used the right way, but it can be a hazardous thing when you're not careful. Be wise.

21. If you don't like something about your behavior, you can change it. It's not going to be easy just because you take the first step to change, but the first step is important because you are motivating yourself to change. And don't give up if you fail. Giving up because you messed up is like forgetting to eat breakfast and then deciding not to eat ever again because you missed one time.

# Fun

22. Write a very detailed bucket list. It's fun to write and you can never tell your mom or your friends that you're bored or have nothing to do.
23. Keep a journal - even if you write down a sentence a day - not just because writing is fun, but because four years down the road when you find that old notebook from 7th grade and start reading it you will either laugh at how stupid it was, or like me, you will read it and feel super embarrassed about the feelings you had for middle school crush and shred it so no one else can ever see those words.
24. Be a reader. You can learn SO MUCH from reading. And, no, reading other people's Facebook statuses does not count. Read an actual real book.
25. Don't EVER tell yourself that you aren't good at anything just because you aren't as good as someone else is. There will always be someone better than you and that's okay. We are all human. We are all unique. We all have our own talents. Some people don't have the gifts and abilities, but that doesn't mean that someone is better than you they do different things than you do. Develop your talents. Take time getting better at your hobbies. Don't try to be better than someone else - try to become better than yourself.
26. Write a letter to yourself and open it 10 years from now. It can be a fun experience and you can even give your future self some pretty good advice.
27. Take photos of everything. You will want the memories even if the picture is blurry or it's taken in bad lighting. Also, make sure that you're in pictures, too. I don't care if you're not photogenic. Become photogenic. Your future kids will want to see pictures of your inevitably awkward teen years. Just let them have that pleasure and take the pictures. You probably won't regret it, but what do I know. I don't have kids yet.
28. Take a couple hours a week and "go off the grid." Turn off all electronics, go to a quiet place in your room (or a fairly quiet place), and just read, have a cup of tea, journal, draw, or do some other quiet activity that allows you to wind down and actually hear yourself think. Sometimes each week you can only get 30 minutes or so to do this, but that's okay. Take the time to yourself and relax. You deserve it.
29. If you play team sports, make sure to remember it's a TEAM sport and it's not all about you, even if you are the best player on the team. You still need the other plays to make the game possible. Remember that. You can't win the game on your own. Even if you're not the team captain, you can still make an impact on the team by supporting your captain and coaches - even if you don't think they made a great call.

30. Don't let anyone mock you because you like knitting. Don't let anyone tell you to stop singing at the top of your lungs when you're happy. If you enjoy something and it's not hurting anyone else, do it! Your hobbies don't have to please someone else.
31. When you're sad, don't listen to sad music. It doesn't make it better, but for some reason everyone loves doing it. Make a playlist of encouraging and uplifting songs and listen to it when you're sad even when you don't feel like doing it.
32. If your budget or allowance permits it, set aside a little money every month to spend on someone else. You can take a friend out for coffee or do Random Acts of Kindness every month. Make someone smile!
33. It's okay to daydream, but don't let your daydreams take over your life.
34. Read the classics. The writing styles will help increase your vocabulary and you can also learn a lot about history from classic novels, too. Jane Austen novels are my favorite!
35. It's great to have New Year's resolutions, but if you really want to see something change, why wait until the New Year?
36. When you stop rushing through life, you will be amazed at how much more life you have time for.
37. Don't rely on social media to be your only source of contact you have with most people. If it's a friend's birthday, text them instead of posting on the wall on Facebook. Instead of sharing memories from last year on Instagram, go out with your family and make new ones today.
38. Have inside jokes with your friends. It makes everything just so much better. Trust me. I speak to some of my friends entirely in inside joke references.
39. Have three hobbies you love - one to make you money, one to keep you active, and one to be creative.
40. Make traditions with your friends and family. Even if they are silly little things like going to Dunkin Donuts once a week, it's still something you have that connects you all together in a special way.
41. If you want to learn how to do something, you can probably find a tutorial on YouTube or a free online class or eBook. You never know what kind of resources are out there for free until you look for them.

# Health

42. Be healthy. You only have one body in this life and you need to take care of it!
43. If you are struggling with your health or if you don't feel okay don't dismiss it. Know your body and listen to it. If something doesn't seem right, let someone know. It's better to let your parents and your doctor know right away than to wait and let your condition worsen.
44. Don't do drugs. They will destroy your body, your mind, and ultimately your life. Don't fall into that trap. It's not cool. It won't ease your sorrow. And if you have already gone down that path GET HELP. I mean it. Girl, I know it can be difficult but you can turn your life around.
45. On that same note, don't smoke. It is terrible for your lungs and almost always results in lung cancer or other diseases and ailments. Take care of the body God has given you!
46. Find a physical activity that you love and do it often. It can be bike riding, yoga, tennis, running, swimming, or even walking. Stay active!
47. Turn off your phone 30 minutes before you go to bed and read a book. It will help calm your mind and help you fall asleep easier and feel more rested in the morning.
48. Drink tea...and I don't mean sweet tea! Green tea and oolong tea are incredibly beneficial to your health.
49. You don't have to pay a ton of money to work out. Get a good pair of running shoes and some comfortable workout clothes. You don't even need a gym membership either. You can workout at home or in your backyard. You can even find free workout routines on YouTube. Check out Cambria Joy and Blogilates - they are some of my favorites!
50. Go outside and get some fresh air and sunshine.
51. Being chronically dehydrated will weaken your immune system and make you more fatigued. You should be drinking half of your body weight in ounces of water every day.
52. Crash dieting is not healthy. In fact, many restrictive diets aren't necessarily helpful if they aren't done correctly. Always discuss lifestyle changes regarding food and exercise with your doctor or dietitian.

53. Don't have the mindset that you need to "go on a diet." You diet literally refers to your eating habits. Instead make healthy choices and exercise.
54. Eat your meals. Don't replace them with "meal replacement shakes or bars."
55. Don't skip breakfast. Your mind and body will function so much better when you are properly nourished.
56. Go to the doctor, dentist, and eye doctor whenever you are prescheduled based on the last time you visited. Your parents probably still take care of this for you, but don't forget the importance of having checkups even when you don't feel sick or think there is anything wrong. Doctors are trained to detect issues even before they start to bother you.
57. Don't look up your symptoms on Web MD...ever. It will be discouraging and most likely inaccurate.
58. Take vitamin C when you're starting to feel sick.
59. If you have the opportunity to go to sleep early, DO IT. You need more sleep during your teen years because of how much your body is changing, so if you have the chance to get to bed early, take it.

# Relationships

60. You don't NEED a boyfriend to make your life complete. It's not work it to get into a relationship just because everyone else is in one.
61. Be friendly to everyone. That doesn't mean you have to be everyone's friend. But that does mean that you can be civil to the bullies at school or treat your acquaintances kindly. It's just part of being mature. Not everyone has to be nice to you before you will be kind to them.
62. Listen. So many arguments and misunderstandings come from people not taking the time to listen to someone else. Your friends need you to listen to them. Sometimes you can just listen to them without giving your advice.
63. Don't be the girl that has to fight everyone. You don't always have to have a snide remark. You don't always have to get your opinion heard. Being a peacemaker doesn't make you weak. It proves that you are wise.
64. Spend some time at home on the weekends. You don't always have to go out with your friends every weekend. I know you live at home and sometimes you want to get out. But don't do it every weekend. And I don't mean stay in your room the whole time binge watching your favorite show on Netflix while your family is playing board games in the other room. Spend some quality time with your family. Cherish it.
65. Write notes to people. Write thank you notes when someone gives you something or does something for you. Write birthday cards for your friends, teachers, and classmates, Put a sticky note on your dad's steering wheel in his car or drop a little note in your mom's purse just to let them know that you are thinking about them. Write a note to your little brother and put in his lunch box. Everyone loves getting notes of appreciation. It's a little out-of-the-ordinary way to let someone know you care.
66. Starting rumors or spreading them will never make you look any better than you are and it will never help you make friends.
67. Look up from your phone once in a while. It's okay to look at the beauty around you or have a conversation with someone.
68. Smile at people - even strangers or people you don't really know personally. You're not going to scare them off by smiling at them - unless your smile is really creepy. Then you might scare them off.

69. If you do have a boyfriend right now, make sure to keep Christ in the center of your relationship. He will reveal to you if this guy is the right one for you.
70. Forgive others - even when they don't ask for your forgiveness. Don't hold bitterness in your heart. It hurts you more than it hurts the person that wronged you.
71. When you are around someone new, use their name every time you talk to them. It will help you remember their name and they will appreciate hearing you take the time to remember it!
72. Text someone you haven't talked to in a while and let them know you are praying for or thinking about them. You won't be bothering them and if they don't text you back, oh well. You never know how far a little text can go.
73. Learn to make friends with people of all ages. You can be a role model for someone younger, teammates with someone your age, and have a mentor that's older than you are.
74. Don't be afraid to find a mentor. It's totally fine to have a role model. Keep in mind that even someone you look up to isn't going to be perfect, so don't expect them to be. Even imperfect people can teach you valuable lessons.
75. If a guy tries to get you to compromise your standards because he wants you to prove your "love" to him, let him go. He isn't worth it if he doesn't respect you enough to accept your standards.
76. Always respect your parents' wishes when it comes to dating. Even if they haven't had good relationships of their own, if they don't want you to date someone or if they want you to wait to date until you're in college, trust them. You don't want a relationship to start outside of your parents' blessing.
77. 1 Corinthians 13, AKA "The Love Chapter", applies to every relationship you have in your life. Read it and think about how you are showing love to others in your life.
78. Remember that dating isn't just for fun. Dating the right way is something that ultimately will lead to marriage. If you can't see yourself eventually marrying the person you are or will possibly dating, don't date him.
79. Never stray from God to get closer to someone else.
80. Treat people the way you want to be treated.

# Faith

81. Your relationship with God is what is really going to get you through your teen years and the rest of your life. Really take the time to cultivate a genuine relationship with Him.
82. Read the book *Lies Young Women Believe and the Truth That Sets Them Free* by Nancy Leigh DeMoss. It is a life-changing book and will really change your perspective on how your thinking effects your living. Seriously. Get this book. *Lies Women Believe and the Truth That Sets Them Free* is by the same author and is equally amazing.
83. Live for the approval of God. You always know what He expects and He is always right. You can't live to please people because it is literally impossible to please everyone. Jesus was a perfect man and still He could not please everyone.
84. Spend time with God every day. You won't regret looking at Facebook first thing in the morning, but you will regret hearing from God when you had the chance.
85. Trust God's timing. He can see the whole puzzle but we can only see the pieces. He knows what He is doing and He will do it when He wants to.
86. Choose a life verse. Mine is Isaiah 26:3 - "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."
87. Take notes in church. You never know how God could remind you of something you wrote down and learned in a service and it's always good to have something to look back on when He does. Writing things down also helps you stay more focused, too.
88. Don't be afraid to pray. Just talk to Him. Pray out loud. Pray quietly while you are walking to school. Pray without ceasing.
89. Have friends that are of the same faith and encourage each other in the Lord every week.
90. God wants to use YOU no matter where you came from, what you have done, or what your family is like. The Apostle Paul was once a murderer and God used him to lead thousands of people to Christ.
91. Remember that having your prayers answered doesn't mean that God is going to say "yes." Sometimes the answer that you need to your prayers is "no" or "wait."
92. Happiness is what happens to you; joy is what's inside of you.

93. Joy really does come from having Jesus first, Others second, and You last (Jesus, Others, You=JOY).
94. Download a Bible app on your phone. It's always good to have the Bible everywhere with you and now it's more convenient than ever with phone apps.
95. Being a hypocrite is one of the most common things that turns people off towards Christianity. Remember that your actions speak louder than your words.
96. Remember that no matter what happens in your life, God has a plan. Romans 8:28 says, "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."
97. God will put people in your life for many reasons. You may need to learn a lesson from them. You may tell them something in passing that makes an incredible impact on their life. God works in incredible ways.
98. One of the most encouraging things in life is to see how God saved you from making a terrible decision or how He changed the course of your life just by taking away one "small" thing. Think about these times often and when you get the chance, write about them so you will always have these memories and encouragements to look back on.
99. Be involved in serving God and participating in church events. It's good to have Christ honoring entertainment in a wholesome environment at your church and it's a good idea to volunteer your talents to serve God, too!
100. Above all, remember that God will never leave you or forsake you.

If you made it that far through my terrible writing I applaud you. I hope out of all of these tips that you learned something or that something stood out to you and motivated you.

Also, I hope that if you ever need someone to talk to or ask a question that you would just shoot me an email. I love to chat and I can always let you vent to me. I can offer some advice or even just a listening ear. You can email me at [alaynamarleyc@gmail.com](mailto:alaynamarleyc@gmail.com).

I'm sure you know already, if you found this eBook on your own, that I am a blogger. If you have questions or topics for any blog posts that you would like to see me write, you can send me an email, too, and subscribe to my blog for more fun! You can find my blog at [thegirlwhodoeseverything.net](http://thegirlwhodoeseverything.net). I hope you enjoy what you find!