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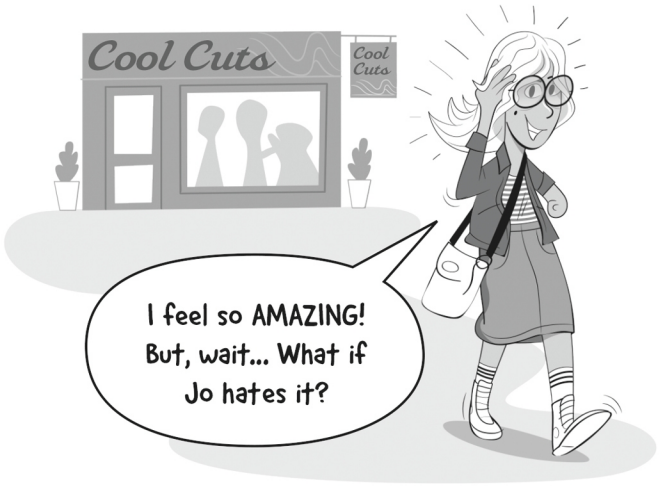
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This explains some of the terms used in this book. The first time you see any glossary words or phrases, they'll look like **this**.

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It's true that if, say, you've been unhappy with your hairstyle and have a new one, you might feel great... until, perhaps, the next niggling worry comes into your head.



Being happy and healthy is more of an ongoing journey than a specific destination (clichéd as that sounds). We are all in this for the long haul, but as you develop, learn and change, what matters to you and what makes you happy will probably change a lot too.

Put simply, being happy and healthy in life depends mainly on these three things:

liking and accepting yourself

taking care of yourself

feeling fulfilled and loved

Sound good? Well, this book is a realistic, useful and practical guide to help you achieve those things, and more. See it as a survival kit for your amazing teenage years... and read on.



What DON'T I enjoy?

Another way of tackling your 'survival tip' levels is to take a close look at what you're doing that you *don't* enjoy. This could be something like:

Quarrelling with my family, and not saying sorry even when I know I'm in the wrong.

Spending longer than you'd like to scrolling on your phone.

Yes, you!

Hanging out with people you don't really like.

Being *aware* of things like this in your life means you can make a change and build in more, better things that DO make you happy.

P.S.

Sorry, but some things in life just HAVE to be done, whether they make you feel good or not. These might include homework and taking the bins out.

What matters to me?

The final part of building a kind of 'profile' of yourself is to think about the things that really matter to you. They are a vital part of your happiness and go deeper than quick fixes like a new school bag or getting 100 likes on a post (good as those can feel!). Here are some examples to help you think, but yours will probably be just as unique as you are:

