



The Lesson: Personal Development

K Lee

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This book is intended to be a tool to help today's youth determine who they are, want to be, and put plans in place to get them there. The Lesson series is a book collection of personal development, career exploration, life application, financial empowerment and assistance for pre-teens and teenagers.

This book can be used as a tool by both the instructor/parent/mentor and the youth. Each book talks about core concepts facing our youth and how they can overcome, maneuver, and succeed in life. By reading this book series, and utilizing the information enclosed, our next generation can be one that is focused, concerned about the wellbeing of themselves and others, as well as develop a global perspective.

This installment of The Lesson focuses on Personal Development. Before you can go out in search of who you want to become, you have to know who you are. What you find out about your self may not all please you, but you can change, improve, and put practices in place to become the you, you want to be. The following chapters talk about key concepts for evaluating your goals, interest, challenges, success, and losses. We suggest ways to face the hard issues so you are not overwhelm or left feeling defeated.

After the completion of this book, it is our intention you will have a solid understanding of who you are and at least an idea of whom you want to become. Completing this book is a milestone, but keep in mind this book is a guide intended to be referenced as much as needed. Be sure to complete the activities and checkout other videos and resources available on the app.

This book was written by K. Lee, certified and licensed International Transformational Life Coach, writer, producer and program developer. Krystal is passionate about young people reaching their fullest potential. Her deep passion for their success also influences are desire to see their parents and love ones free and able to reach beyond the sky!

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