

## **THE CODE: THE 5 SECRETS TO TEEN SUCCESS**

### **Press Your Turbo Button**

A couple years ago, my little brother Hntsa (HINT-sa) and I were playing Nintendo basketball, and he was schooling me. Dunking on me. Running circles around me.

I couldn't believe it. It was one thing to lose, but he was destroying me. Game after game, no matter what I did, I couldn't come close.

I started to practice in secret. No way my little bro was gonna do me like that. I hooked up the Nintendo when he wasn't looking and played for hours. I'll surprise him, I thought. I'll practice, then whip him.

We played again, and he smoked me again. And again and again and again.

Finally, I asked him: "Hntsa, how come you're always killing me, man? What's going on?"

Hntsa turned his joystick upside-down and showed me a button I didn't realize existed. It was the turbo button. It made you jump higher, run faster, block harder. No wonder he was smoking me. No matter what I did, there was no way that I could compete with him: I didn't have my turbo button pressed.

Playing video games with Hntsa reminded me of a turbo button I had discovered in life, a secret button that can launch anyone to spectacular success. Like the turbo button on the Nintendo joystick, the life turbo button is hard to find unless you know where to look. You won't find it in school, sports, friends, or music. It's so close, it's hard to see.

Where does the life turbo button lie? It's inside your mind. Next to the button, a label reads: **PRESS TO TAKE ACTION TO IMPROVE YOUR LIFE.** Very few people have pressed this button, but it's not hard to spot those who have.

What separates them? The turbo folks are always taking action to improve their life. The folks who haven't pressed their turbo button, well, they're always making excuses about something.

You know the type: they always blame bad grades on their teachers or whine about how their parents aren't cool. You might hear them say:

"It's not fair my coach hates me. He's the only reason I'm not starting." "I hate my body. How come I can't look better?" "My parents pick on me all the time. I wish they'd just see things my way."

"I can't do well because someone else is preventing me. I don't have any power to improve my life, so I'll just complain about it."

Compare those complaints with the words of people who've pressed their life turbo button:

"I'm gonna talk to my coach and find out what it would take for me to start. Then I'm gonna do my best to make it happen." "I will make myself the most attractive person I can be. I don't have to look like a model - as long as I take care of myself, I'll be happy with my appearance." "My parents don't always understand where I'm coming from, but I'm not going to let that ruin our relationship. I will talk to them, respect them, and try to see things their way, and hopefully they'll respond by doing the same for me."

"I know I can't control everything in life, but I still believe that it's up to me to create the life I want. I will make things happen for myself through my own effort."

Which group of people has a better chance of succeeding? Which type of person do you want to be?