

TEENAGERS EDITION



WHY YOU NEED THEM!

*When I  
discover who I am*

*I'll be free.*







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THE  
HUBU  
JOURNALS  
WHY YOU NEED THEM!

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# Chapter 1

**There is an age long question which still begs  
for an answer, “What is life”?**

I'm uncertain if there is a universally accepted response to this question because it varies depending on individuals, countries, religious beliefs, and historical backgrounds. Other intriguing questions, such as "Who am I and why am I here on Earth? Why am I reading this book? Why did I do what I did yesterday, last week, or last year?" presents significant challenges in finding a correct answer. However, there are unique answers to these thought-provoking questions - they cannot be found within the pages of a book. Instead, they are answers that one must discover for themselves through intentional engagement with the world around them.

Consider having two unfamiliar plant seeds in your hand. How can you determine the type of fruit they will produce, how tall they will grow, or how useful they will be? While a mustard seed and a spinach seed may appear similar in size, they grow in distinct ways. The spinach seed matures quickly, develops leaves in a matter of weeks, and withers soon after. It cannot withstand drought and doesn't possess any known commercial use in making furniture. On the other hand, the mustard seed grows into a mighty tree with commercial uses, providing shelter to birds and other wildlife.

You cannot truly comprehend the potential of these seeds until they are planted and subjected to the same conditions. It is through their

resilience and adaptation that their inherent qualities, no matter how small, are revealed. From the seed's perspective, its growth process, from sprouting leaves to bearing fruit until its eventual demise or removal, is called "life." Additionally, no two seeds from the same tree are identical.

The same is true for human beings. No two individuals have the same life experiences and perspectives. However, the ability to connect, understand, and engage with the world and others reveals one's true self, creates the opportunity for personal growth and a fulfilling life. The outcome of your life is determined by your own decisions/actions, based on the knowledge acquired, your understanding, and your ability to apply the acquired knowledge (wisdom).

Although some circumstances and events may be beyond our control, every human being is blessed with resilience and the capacity to overcome challenges if they so desire. We have witnessed trees grow through rocks or sprout amidst tar on the road to survive. Humans are capable of far more than that.

The world is inundated with distractions and an overwhelming amount of information that diverts our attention from the most important person in the universe—ourselves. We have become too preoccupied with keeping up with events, especially on social media, that we neglect our personal development and fail to reach our full potential. Consequently, feelings of inadequacy and frustration arise, opening the door to various vices and mental health challenges.

Lack of proper self-awareness, if left unaddressed, can lead to numerous complications in adulthood. That is why even very wealthy individuals may experience depression, multiple divorces, substance abuse, violence, and other difficulties.



The teenage years are an ideal time to reflect and discover oneself since it is during this period that one seeks self-expression, explores the world, and searches for identity. Unfortunately, teenagers are grossly misunderstood. This book is dedicated to you, hoping that you will find it valuable as a guide to a great life.

Our objective is to guide you through age-old practices that have been forgotten by many. These practices can help you achieve success and fulfillment through self-discovery, as you navigate the complexities of life avoiding the mistakes that have plagued many adults. We aspire for you to make better life choices, build a successful career, create a wonderful family, and become influential in society.

# Chapter 2

## A Teenager's Unspoken Voice



Being a teenager is an exhilarating and transformative phase of our lives. It's a time when we embark on a journey of self-discovery, explore our passions, and envision a future filled with endless possibilities. As teenagers, we have dreams that shape our aspirations and define our experiences. In this chapter, I will explore and attempt to expose the desires of most teenagers by providing insight into our hopes, dreams, and the yearnings that drive them.

One of the top desires as a teenager is the freedom to be our authentic selves. We crave acceptance and understanding for who we are without judgment or pressure to conform. We want to express our unique personalities, passions, and ideas, and be celebrated for our uniqueness. Embracing diversity and creating inclusive spaces where everyone can be authentic is paramount to our happiness and well-being.

**Meaningful Connections and Friendship:** We yearn for genuine and meaningful connections with others. Building friendships based on trust, empathy, and shared values is important. We desire companionship, support, and a sense of belonging. Having a close-knit circle of friends who uplift, share our joys and challenges, and stand by us through thick and thin.

**Emotional Well-being and Mental Health:** We are increasingly aware of the significance of emotional well-being and mental health. We desire a society that prioritizes mental health support and recognizes the importance of self-care. We long for open conversations about mental health, where we can seek guidance without stigma. Accessible resources, such as counselling services and safe spaces, are crucial in helping to navigate the ups and downs of adolescence with resilience and strength.

**Educational Growth and Future Success:** Education plays a pivotal role in our lives as teenagers. We have a strong desire to learn, explore, and expand our knowledge. We strive for academic success and opportunities that will shape our future. We yearn for a quality education system that encourages critical thinking, creativity, and practical skills, preparing us for the challenges and opportunities that lie ahead. We aspire to pursue careers that align with our passions and make a positive impact on the world.

**Technological Advancements and Innovation:** Living in a digital age, we are fascinated by technological advancements and innovation. We desire to be at the forefront of technological progress, harnessing its power to shape our lives and make positive contributions. We embrace emerging technologies, such as artificial intelligence, and virtual reality, and aspire to use them to solve real-world problems and create a brighter future.

**Creative Expression:** Teenagers have a deep desire for creative expression and long to explore their artistic abilities, whether it's

through music, writing, painting, photography, or other forms of artistic expression. We seek opportunities to showcase our creativity, share our unique perspectives, and make a meaningful impact through our art.

**Freedom and Independence:** We have a growing desire for freedom and independence, and also yearn for autonomy in decision-making, the ability to explore our interests, and the opportunity to shape our identities. While we still value guidance and support from adults, we also crave the space to make our own choices, take risks, and learn from successes and failures. Striking a balance between guidance and autonomy can empower us to develop into responsible, independent individuals.

**Adventure and Exploration:** We have a natural inclination for adventure and exploration. We desire new experiences, whether it's travelling to new places, trying new activities, or stepping out of our comfort zones. We long to expand our horizons, learn about different cultures, and broaden our perspectives. Opportunities for experiential learning, study abroad programs, and exposure to diverse environments can fuel our sense of adventure and foster personal growth.

**Healthy Relationships and Romance:** Teenagers experience a desire for healthy and fulfilling relationships, including romantic relationships. We seek companionship, emotional support, and the joy of shared experiences. Developing healthy relationship skills, such as effective communication, empathy, and respect, is crucial in navigating friendships and romantic partnerships. Encouraging open dialogue about healthy relationships and providing resources on consent, boundaries, and emotional well-being can help us build strong and respectful connections.

**Social Impact and Volunteerism:** We have a desire to make a positive impact on our communities and the world at large. We yearn for

opportunities to engage in volunteer work, community service, and social activism. We want to contribute our skills, time, and energy towards causes that align with our values and address pressing social and environmental issues. Providing platforms for youth involvement, supporting youth-led initiatives, and fostering a sense of social responsibility can empower us to create meaningful change.

**Balance and Well-being:** Most teenagers desire a sense of balance and well-being in our lives and recognize the importance of self-care, maintaining healthy habits, and managing stress. We seek support and resources to navigate the pressures of academics, extracurricular activities, and personal responsibilities. Promoting a healthy work-life balance, encouraging self-care practices, and prioritizing mental and physical well-being can help us cultivate resilience and lead fulfilling lives.

The desires of teenagers encompass a wide range of aspirations, from creative expression and independence to adventure, healthy relationships, social impact, and personal well-being. Acknowledging and nurturing these desires can support our holistic development and empower us to thrive during this transformative phase of life. By providing opportunities, resources, and a supportive environment, society can help us navigate the challenges of adolescence, pursue our passions, and become the confident, compassionate, and resilient leaders of tomorrow.

As teenagers, our desires shape our experiences, aspirations, and the world we hope to create. We long for authenticity, meaningful connections, and a society that values our mental well-being. We strive for educational growth, success, and the pursuit of social and environmental justice. Our fascination with technology and innovation drives us to explore new frontiers.

By understanding and supporting our desires, society can empower us to thrive and contribute positively to the world. Listening to our

voices, providing platforms for expression, and nurturing our growth will help us navigate the challenges of adolescence and become the change-makers and leaders of tomorrow. Together, let us embrace our desires and work towards a future filled with hope, understanding, and endless possibilities.

While we try to express ourselves in the most open and respectful manner, we are often looked down upon by society and adults as being unruly, brash and incapable of making right decisions. We are yet to fully understand why this is so, but we try to find other ways to seek our reality and just discover things for ourselves. Unfortunately, that is the reality for most of us.