

MJA LIFE ARCHITECT PRETEEN

Anime Life Training

A Comic Book That Trains Preteens for Life



Ages 11 to 13 Visual Lessons Companion

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The Mirror and the Feed

Read the Pictures

Panel 1

Nia scrolls through polished images and begins measuring her ordinary life against other people's highlights.

Panel 2

Friends help her notice the comparison loop without shaming her for being pulled into it.

Panel 3

She puts the phone down and names real strengths, relationships, responsibilities, and God-given gifts.

Panel 4

Nia returns to school grounded in identity instead of chasing approval.

What changes

The character moves from a fast reaction toward a WISER response. The product is what the response produces: what was said or done, who was protected or harmed, whether truth was honored, and what happened next. Growth appears in observable action, honest repair, and repeated practice—not in pretending to have a perfect feeling.

What detail did you notice first

The Mirror and the Feed

Psychology Lesson

Comparison becomes harmful when a curated image becomes the ruler for worth. Feelings of envy or inadequacy are signals to examine; they are not verdicts. Accurate self-evaluation includes strengths, limits, growth, relationships, and responsibility.

Ask the child

What happened What feeling may fit What thought appeared What did the character want or need Which choice changed the result

The fact in this story

The meaning the character added

Important limit

The picture starts a conversation. It does not prove a real child's emotion, motive, diagnosis, trauma, truthfulness, or character.