

MJA LIFE ARCHITECT PRETEEN

The Preteen Guide to Identity Choices and Purpose

Ages 11 to 13 Complete Preteen Workbook



Psychology Brain Science Scripture Practice

Michael Jesus Aguiar

Identity Beyond Labels

The main idea

Identity is larger than popularity, appearance, performance, mood, or another person's label.

The anime moment

A student is left out of a group photo and begins to believe the exclusion defines personal worth.

What this chapter covers

Identity, labels, belonging, strengths, weakness, rejection.

Talk together

What did the character notice first What choice helped What choice might make the problem bigger Who could help

Truth to remember

Psalm 139:14 KJV

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

Scripture lesson

Read the verse in its full Bible passage with an adult. In this chapter, it guides the lesson this way: identity is larger than popularity, appearance, performance, mood, or another person's label. Ask what the passage teaches about God, truth, character, responsibility, and the next faithful action.

Identity Beyond Labels

Inside the Moment

Psychology lesson

A painful event can become a global label when the mind treats one experience as the whole identity. Separate the observable event from the meaning added to it. Healthy identity holds dignity, responsibility, strengths, limits, relationships, and room to grow.

Neuroscience and learning lesson

The brain predicts from prior experience and gives extra attention to information that fits an existing belief. Looking for complete evidence and practicing a new response can update that prediction. One exercise does not permanently rewire identity.

Use the Life Architect Map

Map part	Question to answer
Event	What could a camera see or hear
Body and feeling	What signal and feeling showed up
Thought and belief	What did the mind say and what did it mean
Choice and result	What happened next and later
Truth and support	What is accurate and who can help

How the three lenses work together

Psychology helps name the inner and relationship pattern. Neuroscience explains one part of how attention, alarm, memory, reward, or practice may affect the moment. Scripture supplies moral and spiritual truth. Science is not proof of Scripture, and none of these lessons should be used to diagnose a child.