

I feel like so much is changing, and I'm not ready. Why can't things stay the same?  
—Growing Up in Granada

## Dear Growing Up,

Think about your favorite adventure story. The heroes faced some big changes and challenges before they finally reached their goal, right? If nothing changed for them, there would be no adventure! No happy ending!

Change is important to your story too. Feeling sad, worried, or scared is normal. But remember that you are the hero of your story. Each change is a chance to learn and grow. And Heavenly Father will help you.

Good luck on your adventures!

The *Friend*

Get into the adventure mindset by drawing yourself as an adventure hero!

