

50 Visual Lessons for the Next Gen

STUFF YOU DONT wanna learn the HARD WAY

By Kim Dsouza

featuring

- You Start Winning When...
- You Know It's Not Love When...



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By Kim Dsouza

A Freedom Hangout & Soar Girls Academy Presentation

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To every young life,

May you know your worth,
choose relationships that honour it,
and never settle for less than you deserve.

You've got this, bro!

Much Love,

KIM

Why This Book?

Every generation faces the exciting challenge of growing up and finding its place in the world. But for today's youth, it can feel more confusing than ever. I believe the areas most under attack are self-worth and relationships. Information and advice is plenty, and yet many young people still find themselves asking questions like:

- Am I enough?
- Why do I keep seeking approval?
- Is this really love?
- How do I know if I'm making the right choices?

Well, life has a way of teaching us through the “school of hard knocks.” While experience is one of our greatest teachers, not every lesson needs to be learned the hard way. By drawing on the wisdom and experiences of others, we can gain valuable insights, make wiser choices, and avoid some unnecessary heartache along the journey.

That is the heart behind this book!

Inside these pages are 50 simple visual “aha moments” presented through hand-drawn sketches, relatable moments and surprising metaphors. No complicated psychology or theories, just simple truths that stick.

These sketches are intentionally imperfect. Drawn with a mouse rather than AI or professional illustration tools, they reflect a generation learning that self-worth comes from authenticity, not perfection.

The book unfolds through two simple but powerful themes:

You Start Winning When...(Small shifts that build confidence and self-worth)

&

You Know It's Not Love When...(Helping you spot the difference between genuine love and unhealthy attachment)

You can go through the pages of the book in order or open any page and begin there.

Well, this book won't have all the answers. But if it helps you value yourself a little more, choose healthier relationships, think more clearly, or avoid a few unnecessary detours along the way, it has served its purpose.

So take it with you. Read it on the go. Reflect on it. Share it. Revisit it. Sometimes a simple sketch can reveal a truth that stays with you for a lifetime!

Kim Dsouza

YOU start
WINNING
when...

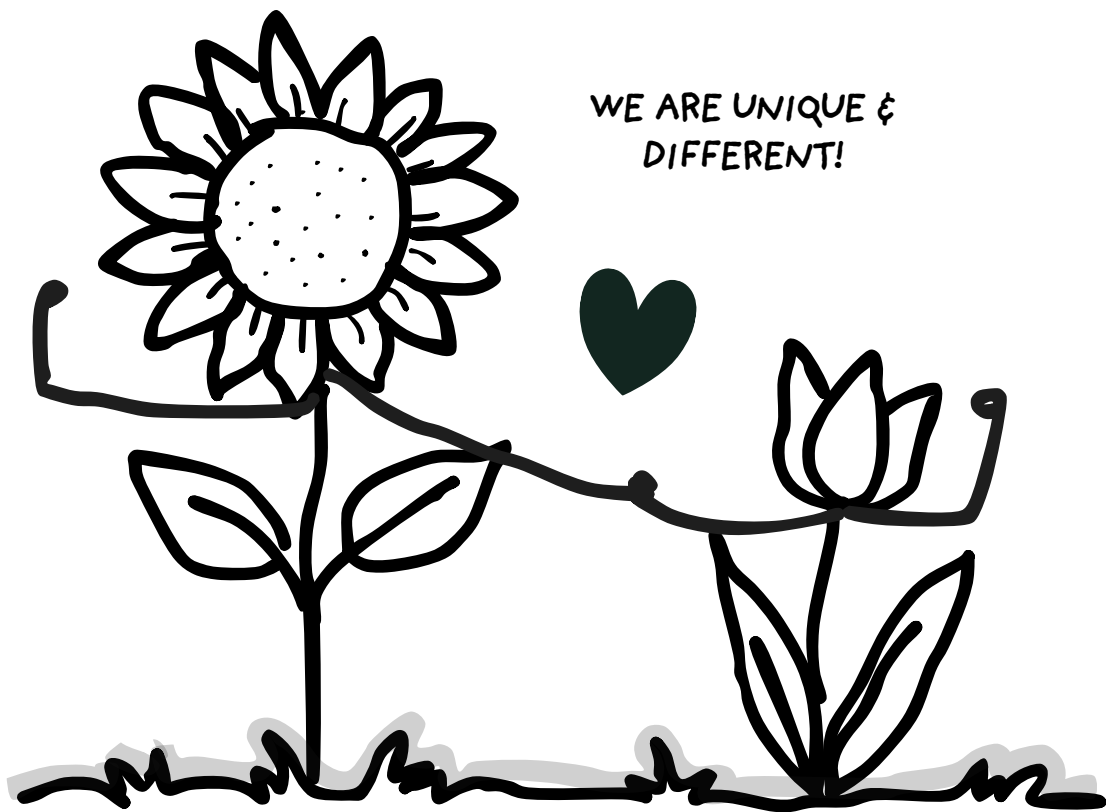
01

...you stop competing with everyone.

Comparison is one of the fastest ways to lose sight of your own journey. The moment you start measuring your life against someone else's, you stop appreciating what has been entrusted to you.

Everyone begins with different abilities, opportunities, strengths, and challenges. Your responsibility is not to compete with someone else's assignment, but to make the most of your own.

Instead of asking, "Why don't I have what they have?" ask, "What am I doing with what I've been given?"



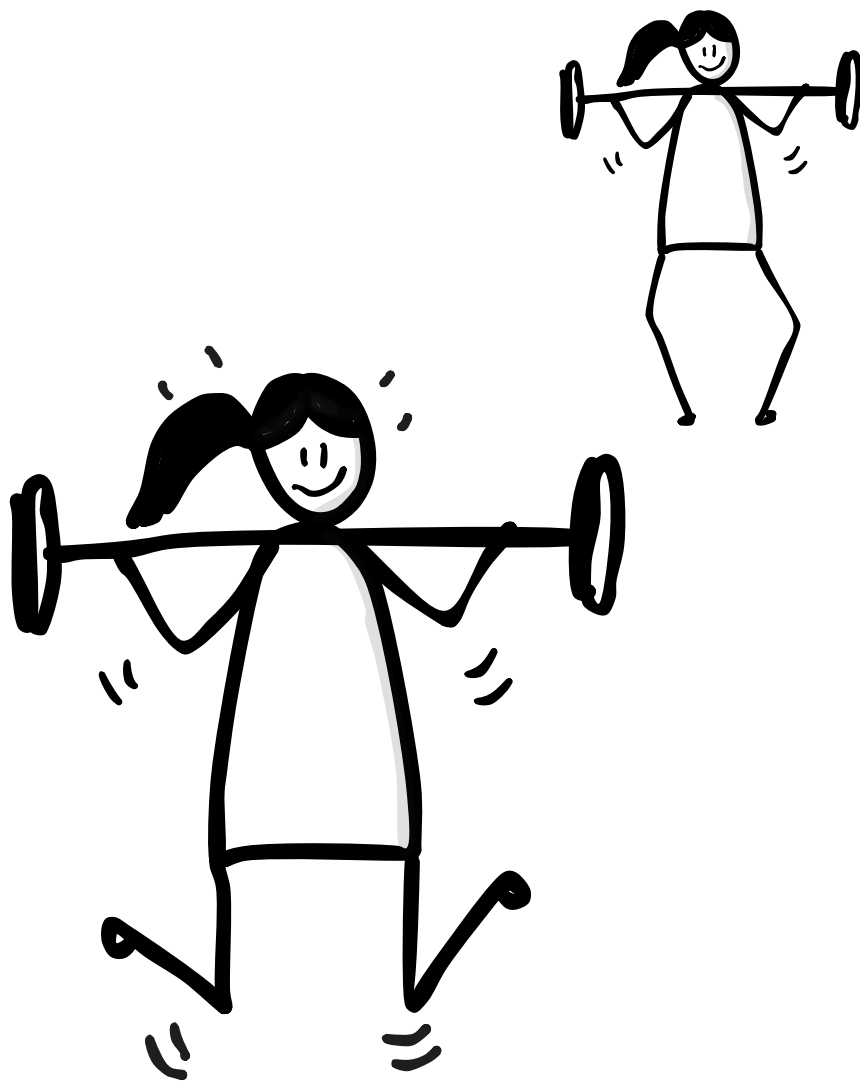
04

...you build habits in private that
produce results in public

It's the small, consistent actions that create big results. Don't despise small beginnings, and stay faithful even when no one is watching!

A powerful question to ask yourself is: What is my purpose in life? What is the bigger picture I'm running toward?

Once you have clarity, begin eliminating the actions, habits, and distractions that pull you away from that purpose. Then intentionally build the habits and disciplines that move you closer to it.



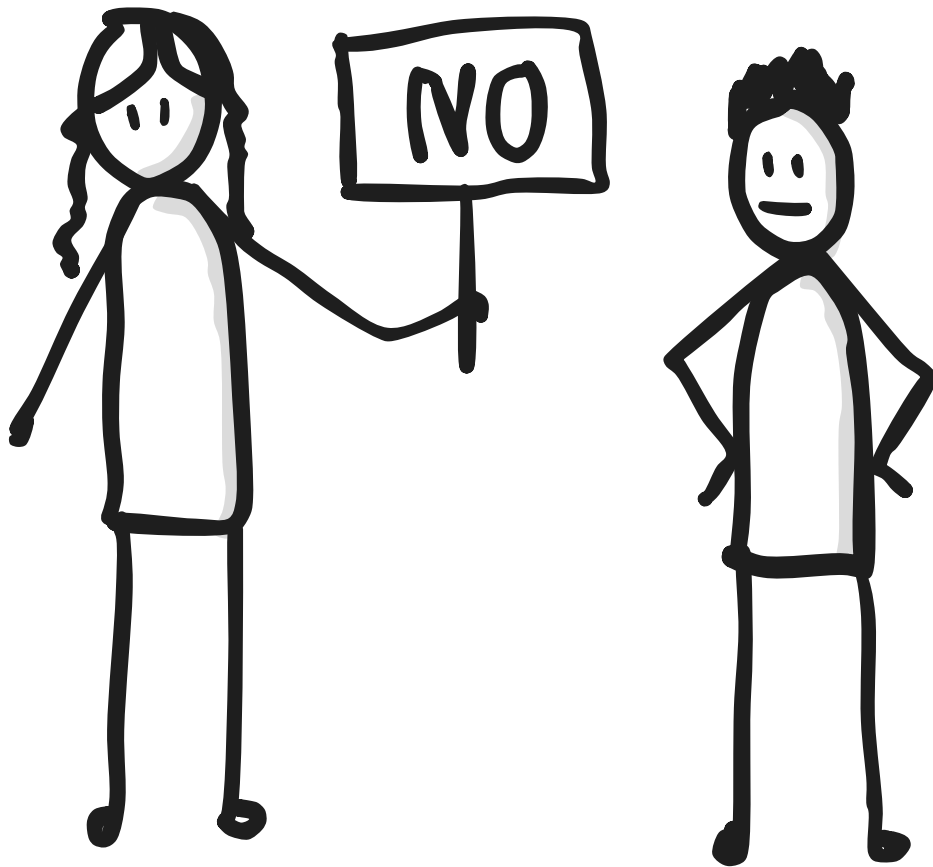
07

...you say 'NO' without feeling guilty.

Saying "No" to others is sometimes saying "Yes" to what truly matters. The ability to say no is a sign of maturity, not selfishness.

Peer pressure can make you compromise your values just to fit in. But if you don't decide your convictions, the crowd will decide them for you.

The need for approval has caused many people to go places they never wanted to go and become people they never wanted to be.



10

...you stop seeking validation and start seeking growth.

Your value no longer depends on others' approval. That's a never-ending journey, a vicious cycle.

How long will you spend your life trying to please your friends, relatives, and everyone around you? Even a lifetime may not be enough!

Instead, focus on becoming better. External validation fades, but growth lasts. When your confidence comes from who you're becoming rather than what others think, you find a freedom that no approval can give.



16

...you act even when you're scared.

Fight fears. Especially those that seem to run in your DNA. One way you can do that is by declaring courage out loud. Say, "Where my mom and dad failed, I shall not. Where others gave up, I will persevere. What stopped my previous generations will not stop me."

The more your ears hear it, the more your conscious and subconscious mind will begin to believe it.

Courage is action despite fear. Don't let fear cause you to settle for less. Courage may not remove the fear, but it will keep fear from controlling your future.



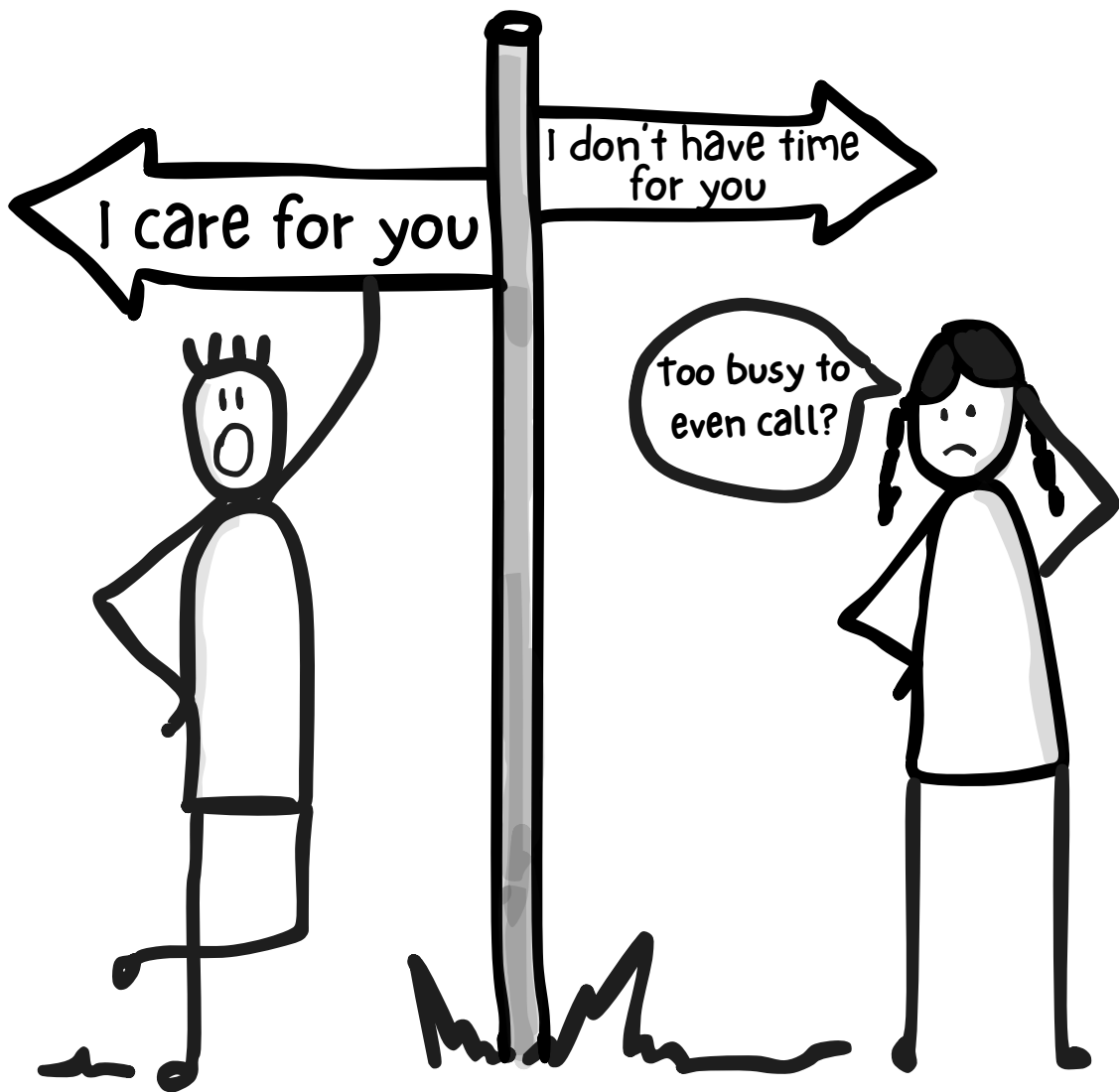
You know its
NOT LOVE
when...

01

...their words don't match their actions.

Anyone can make promises, but love is revealed through consistent actions. If someone keeps saying they care, yet their behavior continues to hurt, neglect, or disappoint you, their actions are telling the real story.

If they are unable to keep their word now, what makes you think they will suddenly do so when you decide to marry them? If trust is missing now, marriage will not magically create it. Marriage doesn't change reality, rather it exposes and amplifies what is already in the heart.



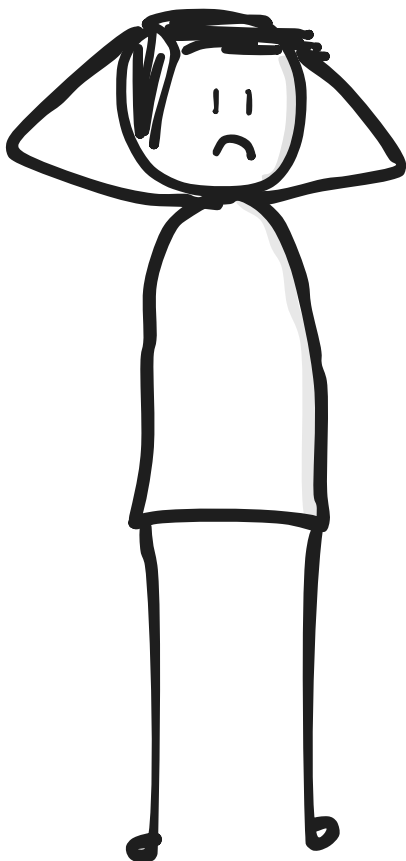
02

...they manipulate you to get what they want.

"You don't understand me." "You don't care about my feelings." "Everyone else's boyfriend does this." Manipulation often shows up in subtle words like these.

Love is not demanding; it is sacrificial. It doesn't use guilt, pressure, or emotional games to get its way. Real love seeks to give, not control.

One good test is to ask yourself: How do you feel after being with them? Do you walk away feeling anxious, guilty, and pressured; or valued, peaceful, and secure?



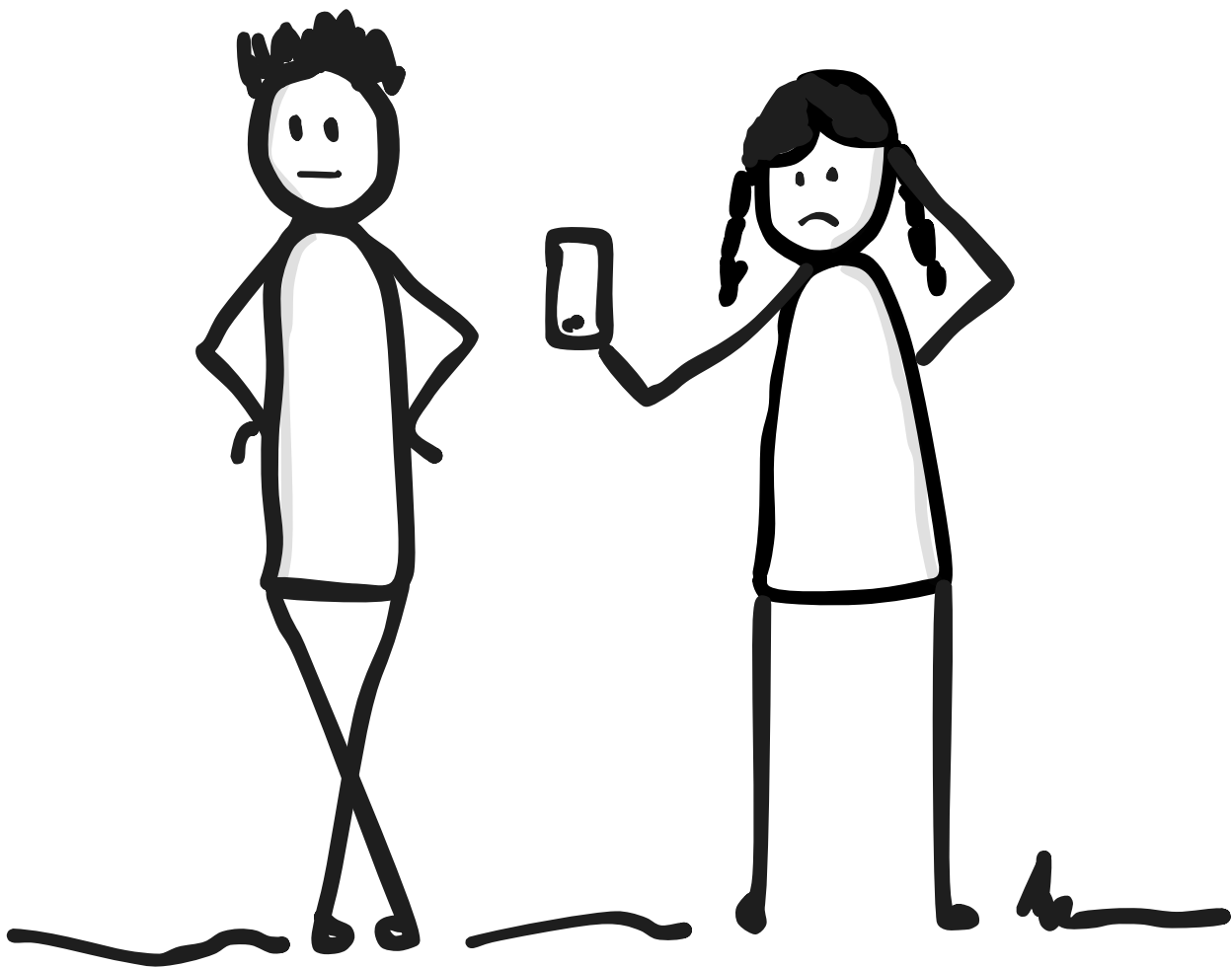
Come on...
everyone else's
boyfriend
does it. Ah! you
don't love me?

04

...they pressure you for intimate pictures.

Sometimes we feel pressured to do something in a relationship because of the fear of losing the person. Sharing nude or semi-nude pictures is not a requirement for love. Ask: What's the purpose? If the purpose is to prove your love to him/her, then clearly it's not love. The root of desiring sexts is a broken identity or self-worth. The hard truth is that he/she has no control over their desires.

Moreover you are not an object of sex. Your worth is not determined by your physical appearance. You are precious, loved and beautifully created.



05

...when your goals shrink

Healthy love helps you grow, not become smaller. If someone consistently makes fun of your dreams, your ideas, or the person you're becoming, it won't be long before those words begin to pull you down.

A healthy relationship should move you closer to your purpose, not further away from it. A secure person doesn't compete with your dreams; rather they encourage them. The right person will help you become more of who you're meant to be, not less.

True love doesn't fight your growth; it fights for it.



25

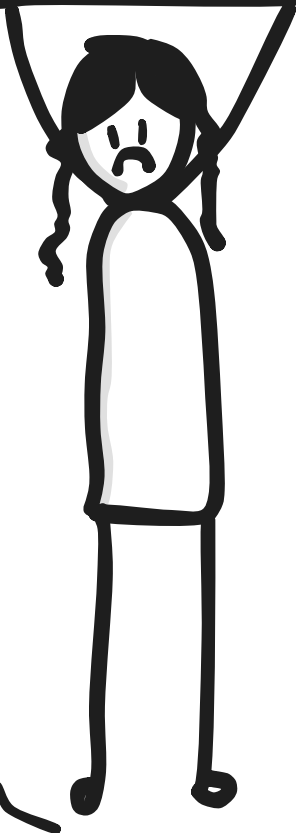
...you keep score.

Love is not about who did more or who gave less. When everything is counted, resentment often grows and connection fades.

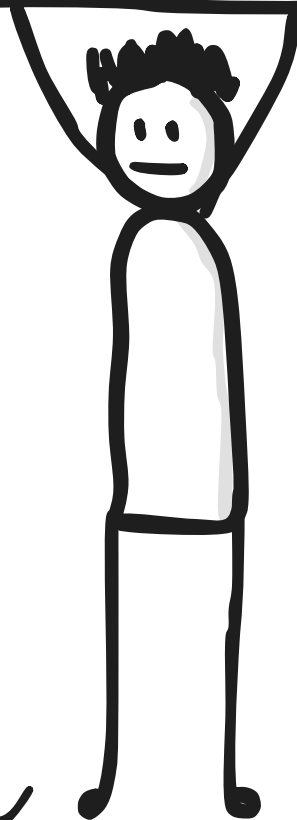
Healthy love is not a competition. It focuses on serving rather than constantly measuring who contributed more. While both people should make an effort, a relationship cannot thrive when every act of kindness comes with a calculator attached to it.

Real love values generosity over scorekeeping and appreciation over comparison.

56 Mistakes



29 Mistakes



My Notes

My sketches