

Take CONTROL

Why

- to make decisions about your life
- to determine your own goals
- to live a successful, positive life

How

- accept responsibility
- acknowledge your strengths and weaknesses
- resist negative peer pressure
- behave responsibly
- manage feelings and emotions
- communicate beliefs and decisions

Are YOU in control?

"No matter who you are, no matter what you do, you absolutely, positively DO have the power to change." - Bill Phillips

Set GOALS

Why

- provides a sense of purpose
- leads to success
- increases confidence

How

- set short and long-term goals
- make goals realistic and achievable
- find a support person
- manage time
- believe in yourself
- stay focused
- celebrate success

What are YOUR goals?

"Sooner or later those who win are those who think they can." - Richard Bach

CARE for Yourself

Why

- look and feel better
- feel confident
- be successful

How

- look after your health and appearance
- appreciate your good points
- accept compliments
- share feelings with someone you trust
- value yourself
- build relationships

How do YOU take care of yourself?

"It does not hurt to take care of his health. It does a mechanic too busy to take care of his tools." - Spanish proverb

Find SOLUTIONS

Why

- to manage problems
- to set new goals
- to make new decisions

How

- define the problem
- ask for help or advice
- negotiate
- compromise
- make decisions
- follow definite steps

How will YOU solve your next problem?

"The problem is expecting otherwise and thinking that having problems is a problem. When you come to a roadblock take a detour."

Take RISKS

Why

- to learn about yourself
- to challenge yourself
- to overcome fears

How

- leave your comfort zone
- learn from your mistakes
- persevere
- be flexible and open-minded
- search for opportunities
- trust your instincts
- have high expectations
- be courageous

Are YOU a risk-taker?

"You really thought it's a good world if everybody was too cowardly to find their own way out of the darkness." - Robert Frost

RESPECT Yourself

Why

- because you deserve it
- so that others will respect you
- to become more resilient

How

- trust your judgment
- be positive about yourself
- expect others to listen to you
- stand up for your beliefs and values
- respect your body

How do YOU show respect for yourself?

"Be who you are because no-one else will." - Lindsey McCombs