

# behaviour

patience accept feedback  
 self-control negotiate  
 think before you act  
 notice good behaviour be rewarded  
 consider the future  
 know rules take responsibility for your actions

think • feel • be

# calm

rest clear your mind  
 think of good things  
 take a deep breath  
 keep perspective release tension  
 balance work and life  
 imagine being in a special place  
 walk  
 relax your body take time

think • feel • be

# communication

respect others be friendly  
 be open listen actively  
 clarify talk engage use manners  
 negotiate speak calmly  
 compromise be clear  
 calm body language

think • feel • be

# confidence

acknowledge your strengths  
 believe in yourself  
 use your talents reach achievements  
 challenge doubts  
 value effort over results  
 accept compliments  
 avoid comparisons stand tall

think • feel • be

# determined

believe in yourself  
 embrace your goal practice to improve  
 make it happen keep going  
 focus sustain effort  
 stay confident never give up  
 be persistent work through challenges

think • feel • be

# enjoy life

celebrate what you have  
 embrace challenges and change  
 always learn smile  
 value relationships  
 give to others reward yourself  
 laugh maximise opportunities  
 take a break reflect on good times  
 move on

think • feel • be

# health

relax  
 create a healthy lifestyle  
 enjoy a hobby foster relationships  
 walk and stay active  
 choose healthy food and drink  
 stay positive get enough sleep  
 find balance have a regular health check  
 appreciate your body

think • feel • be

# leadership

think ahead be confident  
 face challenges  
 motivate lead by example  
 provide direction  
 encourage communicate  
 engage support stay calm  
 keep improving listen

think • feel • be

# learning

enjoy explore  
 imagine plan study  
 challenge yourself  
 brainstorm try  
 think step-by-step  
 laugh be creative listen  
 learn from mistakes

think • feel • be

# motivation

focus on your strengths  
 have a specific aim be positive  
 set goals and plans  
 stay strong use supports  
 reward yourself visualise  
 be passionate energy  
 know what works for you be organised

think • feel • be

# peace

appreciate  
 share support one another  
 show understanding  
 forgive love  
 one world - one people  
 care help value others  
 be kind

think • feel • be

# positive

find strength  
 use positive self-talk  
 say 'I can' tell yourself it's OK  
 listen to encouragement  
 challenge doubts  
 find the positive say 'I will'  
 face challenges keep an open mind  
 be optimistic - look on the bright side

think • feel • be

# problem solving

use supports  
 define challenges  
 brainstorm options  
 keep it simple make a plan  
 implement strategies  
 find a solution review progress  
 be creative keep trying

think • feel • be

# relationships

be yourself connect listen  
 communicate  
 reward acknowledge  
 give stay calm forgive  
 resolve issues include  
 share compromise  
 value time together

think • feel • be

# resilience

be prepared for ups and downs  
 bounce back from challenges  
 be flexible look ahead  
 never give up learn  
 keep going be determined  
 have courage think long term  
 focus on what is in your control

think • feel • be

# respect

listen  
 appreciate be fair  
 accept differences  
 consider others discuss  
 be open earn respect  
 self respect acknowledge  
 treat others as you want to be treated

think • feel • be

# responsible

be trustworthy think ahead  
 reliable  
 manage your time  
 speak up show independence  
 follow-through honest  
 accept consequences  
 take pride be accountable

think • feel • be

# success

use a mentor work hard  
 maximise opportunities  
 plan to succeed  
 stay organised commit  
 be patient review your goals  
 dream believe energy  
 remember achievements - big and small

think • feel • be

# support

talk  
 consider options  
 seek advice actively listen  
 share help others  
 give your time  
 be open look after each other  
 build a support network ask for help

think • feel • be

# teamwork

listen encourage  
 value other opinions  
 respect differences  
 co-operate share tasks  
 trust contribute  
 clarify roles acknowledge be fair

think • feel • be