

Keeping a Positive Attitude!

Tips for Staying Motivated!

Don't Judge me. I was born to be AWESOME, not perfect.



Motivation is all about direction, persistence and intensity. Here are a few tips to get you moving in the right direction!

1. Create a daily schedule and stick to the routine. Allow some scheduled downtime between completing school work.
2. Dress for Success. Yes, we are out of school, but that doesn't mean we can lounge around in our jammies all day. We need to create a sense of normalcy during this time. So, get dressed!
3. Let's get physical. Get outdoors and exercise! Studies have suggested that exercise makes you feel better.
4. Begin with the end in mind. Focus on finishing the year strong! Ask your teachers to review concepts you have struggled with. This is a great time to master those objectives.
5. Get a head start on next year! Now is the time for creating goals. Create a personal and academic goal for next year. Let your goals serve as your guide to end this school year positively.

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6. Get social. We are social creatures by nature. Use this time to connect with your friends to discuss your goals. Hopefully you will inspire them to create goals.
7. Create a dedicated quiet workspace. This can prove to be a challenge but it is a must do. Finding a little spot to work uninterrupted is critical to your success. Your area can be as creative as you want it to be.
8. Finally, RELAX! You will get through this!!! Tweak your daily schedule as needed, get plenty of rest, stay hydrated and indulge in healthy foods.

Good Habits Formed at Youth Make All the DIFFERENCE!