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|  | **Get the habit** | **Rating**  **1-5** | **How** | **Top tips and sayings** |
| **1** | **Take responsibility for yourself** |  | **No excuses, be pro-active, take responsibility for your life and everything that happens in it.** | *If it is to be, it’s up to me.* |
| **2** | **Be persistent and resilient** |  | **Never give up, always keep trying even when things are hard. See every mistake as a learning experience.** | *If at first you don’t succeed, try, try and try again.* |
| **3** | **Have confidence and self-belief** |  | **Make sure your inner voice is encouraging and supportive. Be clear what your values are and stick to them. Believe in yourself and your talents.** | *Look in the mirror every morning and say ‘I’m brilliant!’* |
| **4** | **Be an optimist** |  | **Look for the positive side in all situations. Speak and walk with your head up and a smile.** | *Always look on the bright side because your glass is half full, not half empty.* |
| **5** | **Take care of yourself** |  | **Get enough sleep. Don’t damage your body with drugs and drink. Keep fit, take exercise. Keep growing your brain by learning every day.** | *I’m worth looking after.* |
| **6** | **Self-discipline** |  | **Get in the habit of waiting for things. Have useful self talk that makes you realise the best things are worth waiting for.** | *No pain, no gain.* |
| **7** | **Courage – be brave take risks** |  | **Don’t stay in your comfort zone. Talk to someone you don’t know, take a different route to school, read a new book or newspaper. Have the courage to make changes in your life if you need to.** | *Do something that scares you every day. (As long as it’s good for you!)* |
| **8** | **Cooperate and communicate** |  | **Always work with new people and be open and friendly. Compliment and be kind to others. What you give will come back to you.** | *Listen and learn – look out for people that have it all and copy them.* |
| **9** | **Create goals for life and targets for work** |  | **Think of realistic short- and long-term goals and set targets to get to them.** | *Do the worst first!* |
| **10** | **Now prioritise and plan** |  | **Make lists of what you need to do reach your goals. Plan your activities and take control of your life.** | *If you can dream it, you can do it.* |
|  | **Total score.** |  | **What I need to do and say to myself:** | *My mantra.* |