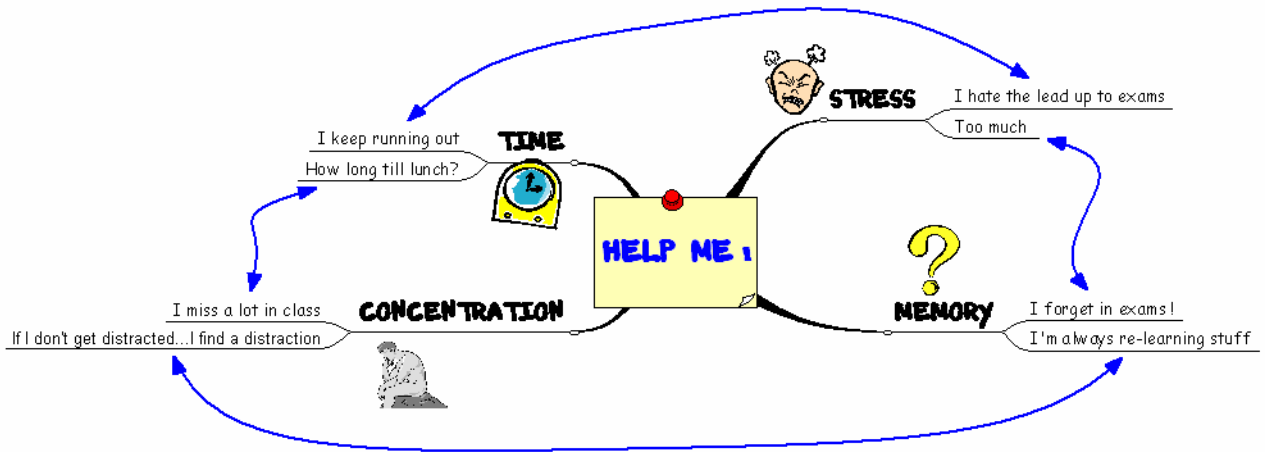




*“Success is only achieved when willingness and persistence overcomes self-doubt or failure”*



---

## Identifying a Purpose for Today

Have a go at identifying what you need...In which areas do you need the most help?

- |                                                    |                                                               |
|----------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Concentration             | <input type="checkbox"/> Getting more out of class            |
| <input type="checkbox"/> Motivation                | <input type="checkbox"/> Stressing less                       |
| <input type="checkbox"/> Doing homework            | <input type="checkbox"/> Studying for exams                   |
| <input type="checkbox"/> Organising your time      | <input type="checkbox"/> Remembering in exams                 |
| <input type="checkbox"/> Organising your workspace | <input type="checkbox"/> Expressing yourself clearly in exams |

Are you willing to discover new ways to study and prepare for exams?  Yes  No

Would you like to learn other methods that may help you to **remember more** in exams?

Yes  No

---

# **A Few Questions to Ask Yourself**

Why are you at school?

## **Seven Steps to Success:**

## **To Do Well in Life:**

## Let's do a simple goal setting exercise

	1	2	3
My goal is:			
I want it by:			
What will be my daily reminder:			
My +ve affirmation: (I am...)			
How I'll visualize my success:			
How I will feel when I succeed:			
My first step is to:			

It's easier to achieve goals when they are **SMART**: **S**pecific, **M**easurable, **A**chievable, **R**ealistic & **T**imely (you set a time frame in which to achieve it)

**Be Creative Here**

**Topic**

# Use A New Approach Here:

(consider using pictures, colors and links)

Topic

# How to Study for Exams:

## Important Notes

# How to Create a Positive Learning Environment at Home



- Always refuel with food and water when you get home
- Do something that you enjoy for the first 15 minutes
- Listen to relaxing music to get you into the Alpha state
- Then put on Baroque music to stay in the Alpha state while you study
- Take regular breaks every 20 minutes
- Get Organized
- Study with Discipline
- Develop Good Habits
- Schedule Your Time
- Get Rid of Time Wasters & say No to Distractions
- Overcome Procrastination and Get Started Now!
- Create a vision of where you want your life to go

*This workbook has been compiled by Keynote Speakers*

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