MY GUIDELINES

To improve your efforts think about things you

– do well

– can change for the better

If you keep doing the same things, you'll keep getting the same results.

Set some guidelines to follow that will help you to

– be more positive

– live a balanced lifestyle

Then, write down **HOW** you are going to meet your guidelines.

TO IMPROVE	
At School	**How**
At Home	
Me	

"There is no 'chance' – only 'choice'." Anon.