

# EASY STEPS

Small, easy steps  
that you can try  
to help you learn

## Be Gentle with Yourself

1. Try to go a whole day without putting yourself down. Each time you catch yourself putting yourself down, you have to rewind and say three positive things about yourself!!!!



## Be Honest

2. The next time a friend or your parents ask you about what you're doing, share the whole story. Don't leave out information. Say how you feel.

## Tap Into Your Talents

3. Think of something you are pretty good at and make a plan to get even better.  
Talent I want to get better at this year: \_\_\_\_\_

Steps to get there: \_\_\_\_\_



4. Do something today that you have wanted to do but never dared. Leave your comfort zone and go for it. Ask someone out on a date, speak up at a meeting, or join a team.
5. Go to your employment counselor and talk about career opportunities. Take a test that will help you figure out what your talents, abilities and interests are.
6. Determine the three most important skills you'll need to succeed in your career. Do you need to be more organized, be more confident speaking in front of other people, have stronger writing skills?



The three most important skills I need for my career:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

7. Think about your goals. Have you written them down? If not, take time to do it. Remember, a goal not written is only a wish.
8. Identify a negative label others may have given you. Think up a few things you can do to change that label.

Negative label: \_\_\_\_\_

How to change it: \_\_\_\_\_



9. Are you a "pleaser" or someone who says yes to everything and everyone? If so, have the courage to say no today when it's the right thing to do.
10. Think of something you've put off for a long time but that's very important to you. Block out time this week to get it done.

Item I've put off forever: \_\_\_\_\_

11. How much impact does peer pressure have on you? Pick the person or people who have the most influence upon you. Ask yourself, "Am I doing what I want to do or what they want me to do?"

Person or people who most influence me: \_\_\_\_\_

12. If someone owes you money, don't be afraid to mention it in a friendly way. "Did you forget about that ten bucks I loaned you last week? I could use it right now." Think Win-Win, not Lose-Win.

13. The next time you hear your teacher say something that you think is unfair, don't blow it off or cry about it, make an appointment with your teacher to discuss it and then see what you can learn.



14. Check in with your peers to see how far they have gotten with their steps! Encourage each other! Keep growing every day!

