Resilience

A good place to live and learn

Home and community safety, health and
Physical activity and meeting the school
You need positive communication to
"It’s our lives. Getting along is important and follows
different rules. Getting along is important and follows
different rules.

Setting Along

Things you need to find at a later date
Your support team to do the work and having a system for storing
and updating your grades. Organisational skills mean having all
instructions. I mean keeping track of the work you need to do
in instructions.

Organisation

When you need to focus and do your work
Organisation involves listening carefully and paying attention to
instructions. I mean keeping track of the work you need to do
in instructions.

Persistence

When you need to focus and do your work
Organisation involves listening carefully and paying attention to
instructions. I mean keeping track of the work you need to do
in instructions.

Confidence

Key areas

Develop positive habits of the mind in the following
Sport, school work

To ensure success and well-being you need to

Confidence is doing your personal best - A grade for English make success for your while B grade might
Success is doing your personal best at something you believe set to accomplish. Success is NOT doing the

The 5 Keys to Success and Well-Being
The diagram below shows the big picture.

The way we think is the key factor to being successful. If we have positive habits of thinking about situations, what can help me be more successful?

Positive thinking → Irrational thinking → Blocker thinking

What stops us doing our best?

Ready, set, you can do it!
Getting Specific About Thinking -

The following information is a modification of some of our Rational Thinking (blockers) and the effect that has on our feelings and behaviors. The Rational Positive Thinking that we could replace it with is also described.

If you read each description, decide which one best describes you and your thinking. It helps you to help you be more successful.

We are all think irrational sometimes – if you think...
Plan your time poorly → thinking that’s the only way to be successful.

Setting goals → thinking that’s my work so I can do things.

Exercising → something I have to do and exercising and diet.

Working hard → thinking that’s the only way to be successful.

Resistance, Perseverance, and Resilience → IF I’m feeling very down and frustrated, means that I have to stop.

Greater my success → thinking that’s the only way to be successful.

Giving effort → thinking that’s the only way to be successful.

I try because I’ll never be successful.

Get more sleep.

I can do it → thinking that I’m more likely to win.

I can’t do it → when I have not been successful at all.

Don’t think about it anymore thinking that I’m not good at anything.

Resisted.

People are saying to me I have no chance.

Feeling very down and frustrated.

Positive, Rational Thinking that leads to

Making mistakes – thinking I’m only bad at that.

Finding areas in which I’m not successful.

Negative, Unhealthy Thinking that leads to

Not feeling very Worlded.

Feeling very Worlded means that I worry a lot about other people.

What’s my work so that I can do things.

Exercising → something I have to do and exercising and diet.

Working hard → thinking that’s the only way to be successful.

Resistance, Perseverance, and Resilience → IF I’m feeling very down and frustrated, means that I have to stop.

Greater my success → thinking that’s the only way to be successful.

Giving effort → thinking that’s the only way to be successful.

I try because I’ll never be successful.

Get more sleep.

I can do it → thinking that I’m more likely to win.

I can’t do it → when I have not been successful at all.

Don’t think about it anymore thinking that I’m not good at anything.

Resisted.

People are saying to me I have no chance.

Feeling very down and frustrated.

Positive, Rational Thinking that leads to

Making mistakes – thinking I’m only bad at that.

Finding areas in which I’m not successful.

Negative, Unhealthy Thinking that leads to

Not feeling very Worlded.

Feeling very Worlded means that I worry a lot about other people.

What’s my work so that I can do things.

Exercising → something I have to do and exercising and diet.

Working hard → thinking that’s the only way to be successful.

Resistance, Perseverance, and Resilience → IF I’m feeling very down and frustrated, means that I have to stop.

Greater my success → thinking that’s the only way to be successful.

Giving effort → thinking that’s the only way to be successful.

I try because I’ll never be successful.

Get more sleep.

I can do it → thinking that I’m more likely to win.

I can’t do it → when I have not been successful at all.

Don’t think about it anymore thinking that I’m not good at anything.

Resisted.

People are saying to me I have no chance.

Feeling very down and frustrated.

Positive, Rational Thinking that leads to

Making mistakes – thinking I’m only bad at that.

Finding areas in which I’m not successful.

Negative, Unhealthy Thinking that leads to

Not feeling very Worlded.

Feeling very Worlded means that I worry a lot about other people.

What’s my work so that I can do things.

Exercising → something I have to do and exercising and diet.

Working hard → thinking that’s the only way to be successful.

Resistance, Perseverance, and Resilience → IF I’m feeling very down and frustrated, means that I have to stop.

Greater my success → thinking that’s the only way to be successful.

Giving effort → thinking that’s the only way to be successful.

I try because I’ll never be successful.

Get more sleep.

I can do it → thinking that I’m more likely to win.

I can’t do it → when I have not been successful at all.

Don’t think about it anymore thinking that I’m not good at anything.

Resisted.

People are saying to me I have no chance.

Feeling very down and frustrated.

Positive, Rational Thinking that leads to

Making mistakes – thinking I’m only bad at that.

Finding areas in which I’m not successful.

Negative, Unhealthy Thinking that leads to

Not feeling very Worlded.

Feeling very Worlded means that I worry a lot about other people.

What’s my work so that I can do things.

Exercising → something I have to do and exercising and diet.

Working hard → thinking that’s the only way to be successful.