

Step 1: Place

Add 3 things to push you out of your comfort zone.

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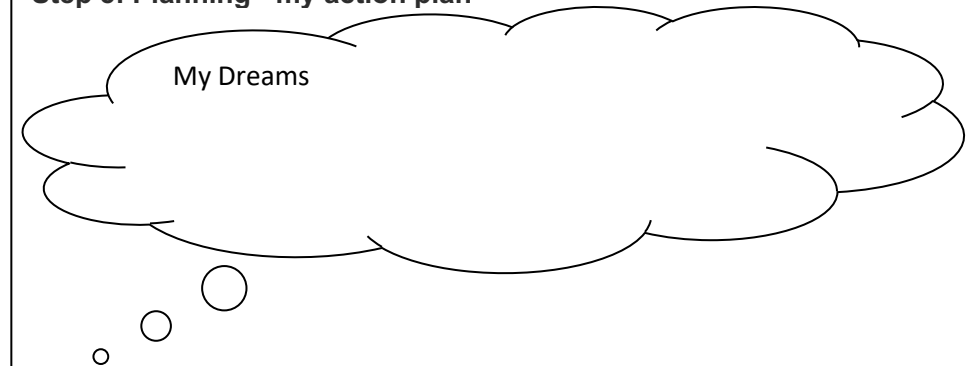
Step 2: Passion

Many of you may have come to St Augustine's to succeed and with the experiences you have had since joining the school, question how passionate you now feel. If this isn't where it needs to be, what steps will you take to reignite it?

Step 3: Purpose**Step 4: People**

Support	Who does this	Who doesn't
Helps pick me up when I fail		
Celebrates my successes		
Never makes fun of my dreams		
Is positive about my ideas		

Which column influences you the most?

Step 5: Planning - my action plan**Step 6: Positive mindset**

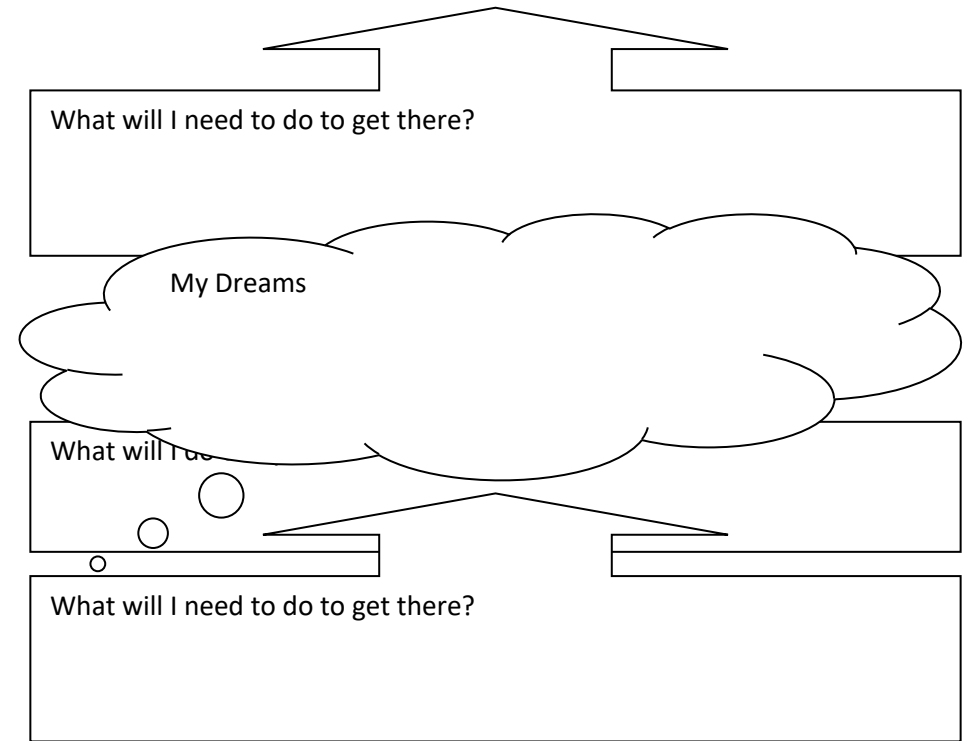
How positive is your self-talk?

Step 7: Physical action

What are the things I'm passionate about and give me purpose? (Choose as many as you like and add your own)

Family Charity Friendships Sports Helping others
Being creative Animals Learning Books Art Film
Cooking Design Travel Nature Facts & Figures
Adventure Music Fighting prejudice World affairs
Public speaking Acting Medicine The Law
Disability The Environment Religion History
Clothing Engineering Military Finance Mental health

What else could we add to this list?



What will I do this year?

