

MANAGE YOURSELF

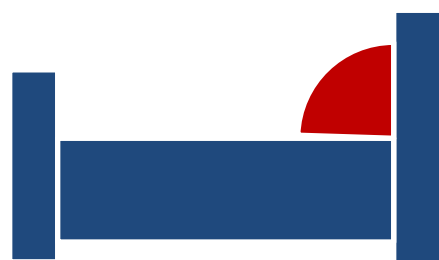
Manage Your ENERGY



Get in sync with your body's natural energy cycle and do important work during times of peak energy.



Eat Right.
Choose lean **protein**, whole **grains**, fresh **fruits** and **vegetables** and drink **water**.



Get sleep. Aim for 9-10 hours a night.

Manage Your BEHAVIOR

Be **aware** of bad habits and **control** them.

Raise your hand.



Be patient!



Think **before** you act!

Monitor your behavior and...

adjust it.

Manage Your ATTENTION

Recognize and avoid distractions.



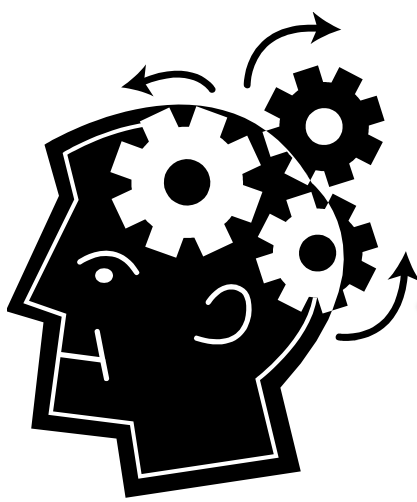
Make a connection. Relate topics to your experiences.



Don't understand? Ask your teacher.



Listen with purpose. What do you expect to hear? Listen for those things



Engage. Make the choice to find the topic useful and interesting.

Manage Your ATTITUDE

Be Proactive
ACTION

Focus on the positive!

Laugh often. It creates positive energy!



BELIEVE IN YOURSELF



Accept every moment



as a learning experience

