



Your only  
**LIMIT**  
is you.



## MINDSET SHIFT

- \* Mindset is the established set of attitudes held by someone.
- \* "Mindsets aren't just *any beliefs*. They are beliefs that orient our reactions and tendencies." - Gary Klein, Ph.D
- \* "The view you adopt for yourself profoundly affects the way you lead your life." - Carol S. Dweck, Ph.D
- \* Reframe your self-talk; reframing enables you to take negative thoughts related to a problem and convert them into positive solutions.

### YOUR THOUGHTS MATTER

#### WHEN FEELING:

"THIS IS TOO MUCH." → "WHAT DO I NEED?"

"AM I BEHIND?" → "WHAT CAN I CELEBRATE?"

"I MESSED UP." → "WHAT DID I LEARN?"

"THIS ISN'T WORKING." → "WHAT TWEAK CAN I TRY?"

xo @heyamberrae

### Positive self-talk wheel

@what.is.mental.illness



AUTOMATIC NEGATIVE THOUGHTS	WAYS TO CHALLENGE NEGATIVE THOUGHTS	
	<ul style="list-style-type: none"> <li data-bbox="505 363 797 394">What is a more helpful thought?</li> <li data-bbox="505 422 797 453">What is another possibility?</li> <li data-bbox="505 480 797 533">What would the people who care about me say?</li> <li data-bbox="505 560 797 613">What is the worst that could really happen?</li> <li data-bbox="505 640 797 693">If my friend had this thought, what would I tell them?</li> <li data-bbox="505 720 797 751">Can I be 100% sure this is true?</li> <li data-bbox="505 779 797 842">If the worst really did happen, what could I do to deal with it and who could help me?</li> <li data-bbox="505 869 797 900">What is the best possible outcome?</li> </ul>	<ol style="list-style-type: none"> <li data-bbox="943 296 1317 464"> <p><b>1</b></p> <p>try to describe the existing situation as accurately and thoroughly as possible</p> </li> <li data-bbox="943 506 1317 674"> <p><b>2</b></p> <p>illuminate your personal power by listing possible choices and action steps</p> </li> <li data-bbox="943 716 1317 884"> <p><b>3</b></p> <p>brainstorm alternative views and look for a redemptive narrative</p> </li> </ol>

**Resources:**

[Instagram @heyamberrae](#)

[Instagram @what.is.mental.illness](#)

[Instagram @wholeheartedschoolcounseling](#)

[Thrive Global article - How to Reframe a Negative Mindset and Shift Your Perspective](#)

# GOAL SETTING

- \* Design your (academic) life on purpose
  - ✓ Your ultimate vision
  - ✓ What are your values?
  - ✓ Move towards adulthood intentionally
- \* "Begin with the end in mind" - Franklin Covey
- \* Break it down into manageable steps
- \* Accountability
- \* Systems and habits
- \* What is your motivation?

**ALWAYS ASK YOURSELF IF WHAT YOU'RE DOING TODAY IS GETTING YOU CLOSER TO WHERE YOU WANT TO BE TOMORROW.**

PAULO GOELHO

**S.** specific

Be as specific as you can with your goals.

**M.** meaningful

What is your "why"? Make it strong.

**A.** achievable

Be realistic. Set goals you can achieve.

**R.** relevant

Set goals that are relevant to your life & your values.

**T.** time-bound

Daily. Weekly. Monthly. Break goals into tangible time.

**E.** evaluate

Evaluate where you are with achieving your goals daily.

**R.** readjust

A different approach can help you progress & achieve.

**Resources:**

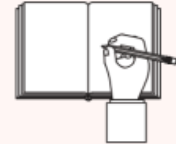
- [Wanderlust Worker S.M.A.R.T.E.R. Goals article](#)
- [Instagram @quotesbychristie](#)
- [Hello Bombshell SMART Goals article](#)

Result-oriented, Purpose-driven, Massive action plan  
**HOW TO SET SMART GOALS (AND CRUSH THEM)**

**Capture**

Clear your mind with a brain dump by getting all of your goals and desires out of your head and onto paper.

**STEP 01**



- (A) Answer: What do you want? (What's the outcome and specific measurable result?)
- (B) Answer: Why? (What are my reasons? Why is this a must for me?)
- (C) Answer: When by? (By when should each goal be accomplished?)

**STEP 02**

**Chunk it Down**

Organize goals into groups your mind can handle and break down large goals into smaller tasks you can achieve one at a time.

- (D) Organize your captured goals into life categories.
- (E) Continue pondering and capturing more goals.
- (F) Prioritize your goals into order of importance.
- (G) Answer: How? (How will I get there? How can I leverage accomplishing this goal?)
- (H) Turn each goals into actionable steps.

**Commit & Schedule**

Convert actionable steps into daily action items and commit to a completion date for each one.

**STEP 03**

- (I) Schedule action items in the appropriate order into your calendar and do whatever it takes to stay on schedule.



**STEP 04**

**Complete & Achieve**

Put systems in place to help keep you accountable.

**Celebrate your wins**

Celebrating gives you the energy to go for more!

**STEP 05**



# TIME MANAGEMENT + ORGANIZATION

- \* Don't just manage your time, manage your energy
- \* Your environment can help or can hinder
- \* Different strategies work for different people-and that's okay! Find what is most likely going to help you get things done!
- \* Use calendar or time blocking
- \* Prioritize your time or something or someone else will
- \* Avoid procrastination
  - ✓ Track your time spent.
  - ✓ Identify what is feeding your procrastination.
  - ✓ Eliminate distractions.
  - ✓ Think little, break things down into smaller chunks.

TIME *blocking* SCHEDULE

8 – 9 AM  
**BLOCK 1**

10 – 11 AM  
**BLOCK 2**

1 – 2 PM  
**BLOCK 3**

3 – 4 PM  
**BLOCK 4**

### How to up your productivity game ?

So,even if you are working a lot,we might still feel we are unable to complete all tasks and be productive.Here are few tricks to up your productivity game.

- 
**Calendar blocking.**This will help you save a lot of time and will prepare you for all the tasks.It is an effective method to understand your schedule.
- 
**Avoid Multi-tasking.**Multi tasking is one of the biggest hurdles for the best productivity.Other than concentrating on several tasks,give your attention to a single task.
- 
**Effective planning.**The best way to assign time to task is by understanding and estimating the tasks will save your time.

#getproductivewithslaghana @productivezone

**Resources:**  
[Instagram @theplanning.club](#)  
[Instagram @productiveposts](#)  
[Time Blocking article](#)  
[Free Printable Time Blocking Calendar Templates](#)

# STRESS MANAGEMENT

- \* Not all stress is bad, remember stress is a normal part of life!
- \* What is in your sphere of control? If it's not in your control, let it go!
- \* Be proactive and have a plan!
- \* Making yourself a priority
- \* What works for you?
  - ✓ Meditation
  - ✓ Movement
  - ✓ Art
  - ✓ Nature
  - ✓ Writing or drawing
  - ✓ Music
  - ✓ Cleaning

## Dealing with Uncertainty

**make SELF CARE a priority**  
(exercise, sleep, eat well)

try **WORRY JOURNALING**

- Set a timer for 3 min.
- Write down all of your fears and worries
- you will run out of things to write before the 3 min. are up!

**focus on the things you CAN CONTROL**  
(clean your house, be kind to others, learn a new skill)

**GO EASY** on yourself and others  
(remember that we all react differently to stressful situations)

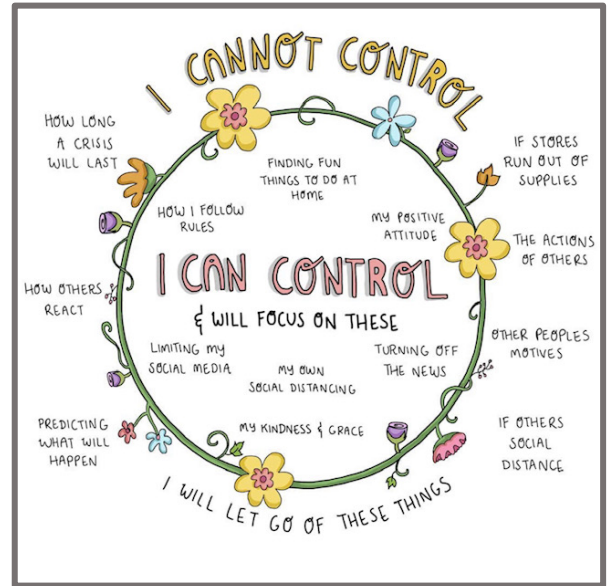
@JUSTGIRLPROJECT

## Stress Survival guide

crazyheadcomics

BODY	MIND	SOUL
healthy sleep	talk about what's stressing you out	engage in positive self talk
move your body	keep a stress journal	practice saying "no" more
get your nutrients	prioritize your time, write lists of what needs to be done, and when.	take a hiatus from social media
deep breathing	break big tasks into smaller steps	accept that stress is a normal part of life
relax muscles	Set healthy habits and rituals	try mindfulness
take a lil nap	ask for some help	let yourself rest if you're close to a burnout - your mental health comes first
listen to calming music	consider seeing a counselor if it's too much	
take a bath		

<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>SOCIAL</b>	<b>SPIRITUAL</b>	<b>PERSONAL</b>	<b>SPACE</b>	<b>FINANCIAL</b>	<b>WORK</b>
Sleep Stretching Walking Physical release Healthy food Yoga Rest	Stress management Emotional maturity Forgiveness Compassion Kindness	Boundaries Support systems Positive social media Communication Time together Ask for help	Time alone Meditation Yoga Connection Nature Journaling Sacred space	Hobbies Knowing yourself Personal identity Honoring your true self	Safety Healthy living environment Security and stability Organized space	Saving Budgeting Money management Spending Paying bills	Time management Work boundaries Positive workplace More learning Break time



### Resources:

- [Instagram @justgirlproject](#)
- [Instagram @crazyheadcomics](#)
- [Instagram @blessingmanifesting](#)
- [Instagram @theself\\_carekit](#)
- [Instagram @journey\\_to\\_wellness](#)
- [Her Campus Tagged Self-Care articles](#)
- [Eight Dimensions of Wellness Wheel](#)
- [Breathing Exercises + Animations](#)

# SENSE OF BELONGING

- \* We can acknowledge our frustration with the situation while also not victimizing ourselves—we can take initiative
- \* We can reframe “social distancing” → physically distant but emotionally connected
- \* Connect online with friends + family
- \* Join online gatherings like Step Up! 😊
- \* Create your own virtual fun! Set up a virtual game night, start a YouTube channel, play HouseParty with friends, start a fun Tik-Tok challenge....

## Virtual hangout ideas during quarantine

Information compiled by Sammi Su, L+A editor

<p><b>CREATE A JOINT SPOTIFY PLAYLIST</b></p>	<p><b>START A PODCAST TOGETHER</b></p>	<p><b>FACETIME OR ZOOM CALL TO CHECK IN WITH YOUR FRIENDS TO SEE HOW THEY ARE DOING</b></p>
<p><b>GO ON A VIRTUAL TOUR AT A NATIONAL PARK</b></p>	<p><b>DO A GROUP WORKOUT SESSION TO MOTIVATE EACH OTHER</b></p>	<p><b>CHANNEL YOUR INNER BOB ROSS BY FOLLOWING ONE OF HIS PAINTING TUTORIALS WITH YOUR FRIENDS</b></p>
<p><b>MAKE A TIKTOK TOGETHER</b></p>	<p><b>BINGE MOVIES TOGETHER USING NETFLIX PARTY OR KAST</b></p>	

Photos via Wikipedia Commons

## caring for others virtually

by chibird

<p>how are you doing?</p>	<p>let me know if you need anything!</p>	<p>I'm here to listen to you!</p>
<p>we can video call or talk on the phone!</p>	<p>here's a cute video I found.</p>	<p>friendly reminder that I care about you!</p>

Graphic: Kate Leahy | Loyolan

### Resources:

[Virtual Hangout Ideas During Quarantine article](#)

[Instagram @chibirdart](#)

<p><b>ELLE LYNN QUIMPO</b>          Youth Programs Manager          ellelynn@suwn.org          562-229-2954</p>	<p><b>MAYRA VAZQUEZ</b>          Youth Programs Manager          mayra@suwn.org          206-579-6603</p>
---	---

**NEVERTHELESS,**  
*she persisted.*