**HYDRATION**
I can stay hydrated by...
I need __________ water each day.

**SLEEP**
I need __________ hours of sleep.
I could improve my sleep by...

**NUTRITION**
I could improve my nutrition by...

**ENVIRONMENT**
Your environment influences who you become, what you believe and do. Who should be part of your support circle?
How does technology affect your attention, mood, sleep and memory?
I will change my technology use by...
How can you change your environment to reinforce positive habits?

**EXERCISE**
I need to increase the amount of exercise I do by __________ minutes a day.
The benefits to me of exercising are...
I could add exercise to my day by...

**MANAGING YOU**
This is your plan for change!
Use this poster to consider what actions will work best to MANAGE YOU and make positive changes to your mindset.

- Study and revise SMART by turning off distractions, using mind maps, taking regular breaks and giving yourself enough time to prepare.
- Keep a good balance between your school, social and family life; they are all equally important.
- Keep yourself active throughout times of stress and anxiety or when you need your brain to function better.
- Surround yourself with positive peers and role models.
- Use your Active in Mind Mentor wisely. They will help you MANAGE YOU and help you make positive changes.

**NEURO-PLASTICITY**
Your brain changes by the minute based on what you are thinking and doing. I can change my brain by...

**VISUALISATION**
Successful people use visualisation to create neural pathways to success, mentally rehearsing their actions. I am visualising...

**POWER POSES**
How can you change your posture to change your emotional state?
Your posture and how you hold yourself physically can have an impact on how you feel. Powerful postures can affect mood and positivity, such as:
1. Standing tall with shoulders back
2. Positive strides while walking
3. Holding your head up
4. Maintaining eye contact while talking
5. Maintaining a straight back while sitting

**MINDFUL RELAXATION**
The technique I am going to try is...

[Stress Level Chart]
Healthy tension
Motivated
Focused
Fatigued
Exhaustion
Panic
Anxiety
Anger
Overload
Burnout/
Breakdown
Inactive/Bored
Optimum stress
Peak performance
Peak performance
Healthy
Sick
Disease

**I AM GRATEFUL FOR...**

**NEW HABITS & ACTIONS**

**HABIT CHECKER**
What will you do today to make it a good day?
Did you do something in the last 24 hours to take you closer to your goal?

**S M T W T F S**