

## Don't Let 7<sup>th</sup> Grade Stress You Out!

**Objective:** How do you find your happy place so you can achieve success

### **I Practical Strategies to Finding Your Happy Place**

- Accept the things that you cannot control (obstacles/challenges)
- Learn what triggers your anxiety/stress.
- Be present in the moment (here/now)
- Find your “grit” and persevere to find what are your long term and meaningful goals.
- Maintain a positive attitude.
- Put things into perspective in a way that makes sense to you.

### **II Think Positive & Have Some Fun**

*“Lost your balance on a tightrope. It’s never too late to get it back.” -Taylor Swift*

- When you are in a positive mindset and ready to do the work, success is not far off.

### **III Creating & Understanding Success**

- What is your definition of success?
- What are you successful at?
- Who do you think is successful?

