Introduction

High School Survival	How To
Remain Positive	
Stay on Track	<u>\$\$\$\$</u>
Attain Success	Introduction Now that you understand the importance of remaining positive, staying on track, and attaining success, how can you incorporate this advice into your life so that it will benefit you? Take a moment to review some useful strategies. Click each marker to learn more about tips for achieving positivity, focus, and success.

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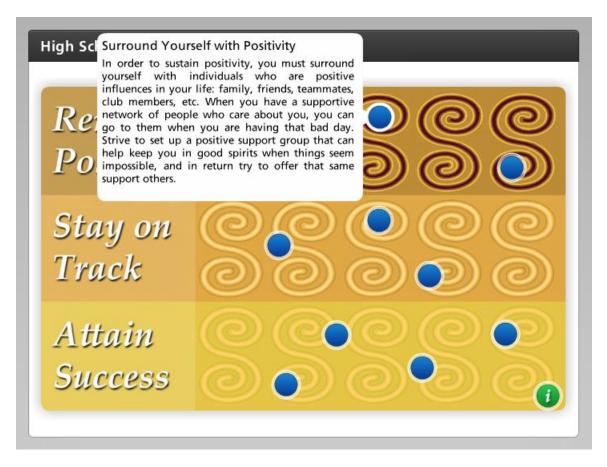
Use Affirmations

Remain Positive	Make a conscious effort to stay positive b
Stay on Track	<u>\$</u> \$\$\$\$
Attain Success	

Make a conscious effort to stay positive by creating affirmations and reminding yourself of them each day, especially when facing an obstacle.



Surround Yourself with Positivity



In order to sustain positivity, you must surround yourself with individuals who are positive influences in your life: family, friends, teammates, club members, etc. When you have a supportive network of people who care about you, you can go to them when you are having that bad day. Strive to set up a positive support group that can help keep you in good spirits when things seem impossible, and in return try to offer that same support others.



Avoid Negative Influences

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Positive	effort to know what or who is a positive influence or a negative influence. It is wise to be aware of the negative influences or potential negative influences that are in your environment so that
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Set Goals

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Balance



Maintain a balanced lifestyle. Although you should have fun and enjoy being a teenager, you must also create that balance between work and play and learn to invest adequate time into your obligations like academics. Doing this will allow you to provide yourself with limitations and will help you with staying focused. If you do not foster a balanced lifestyle, you are more likely to feel stress from the negative consequences, making it harder to enjoy life and be productive.



Plan and Organize

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Attain Succes	

One way to stay on track is to make a conscious effort to plan ahead. When you plan, you are more organized and better prepared. Keep a calendar or an agenda and write down your deadlines. This will help you keep track of important dates and will aid in meeting deadlines. When you plan, you remain focused.



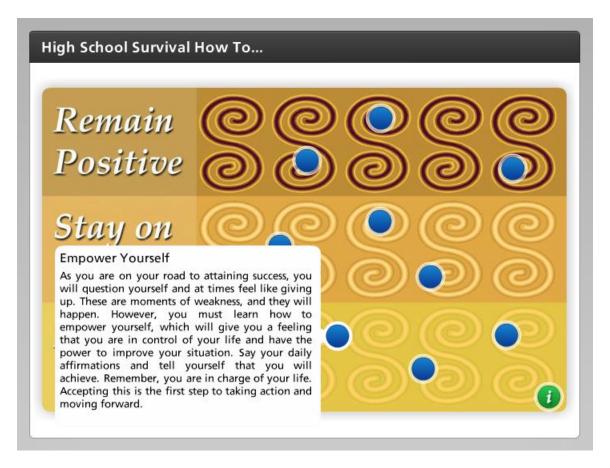
Aim High



When creating goals, never limit yourself when it comes to your ability and what you are capable of achieving. You may experience moments where you feel defeated, but it is all a part of the process. Reach for the stars and you will flourish.



Empower Yourself



As you are on your road to attaining success, you will question yourself and at times feel like giving up. These are moments of weakness, and they will happen. However, you must learn how to empower yourself, which will give you a feeling that you are in control of your life and have the power to improve your situation. Say your daily affirmations and tell yourself that you will achieve. Remember, you are in charge of your life. Accepting this is the first step to taking action and moving forward.



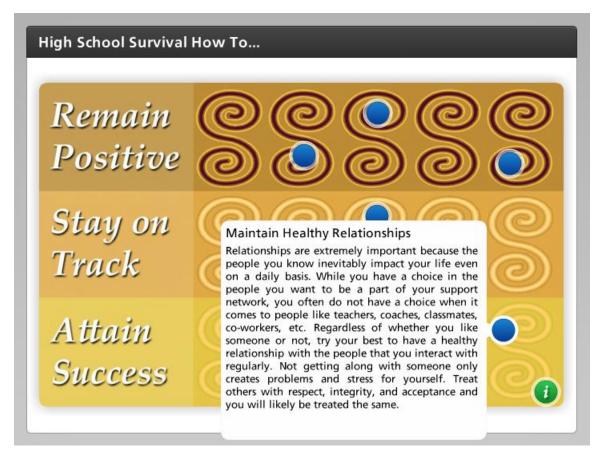
Work Hard

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Attaining success requires hard work. Be diligent, stay on top of deadlines, challenge yourself academically, become involved in extracurricular activities, and always produce quality work. Your hard work will prove to be worth it in the end, and once you taste success, you will want to have even more.



Maintain Healthy Relationships



Relationships are extremely important because the people you know inevitably impact your life even on a daily basis. While you have a choice in the people you want to be a part of your support network, you often do not have a choice when it comes to people like teachers, coaches, classmates, co-workers, etc. Regardless of whether you like someone or not, try your best to have a healthy relationship with the people that you interact with regularly. Not getting along with someone only creates problems and stress for yourself. Treat others with respect, integrity, and acceptance and you will likely be treated the same.

