

Imagine



Generate lots of ideas.

Show a willingness to be wrong.

Act on ideas.

Ask a lot of questions.

Know which ideas are useful and have value.

Push yourself



Find ways to push past doubts, fears, or a drop in motivation even in challenging circumstances.

Listen to others who encourage and help, thanking them for their advice.

Push oneself in areas that are not so enjoyable.

Reflect upon how pushing past doubts, fears or a drop in motivation leads to a different outlook.

Don't give up

Show a determination to keep going, despite failures or set backs.

Reflect upon the reasons for failures and find ways to bounce back.

Stick at an activity even in the most challenging of circumstances.

See possibilities and opportunities even after a disappointment.

Consider oneself to be lucky and understand the need to look for luck.



Don't give up

Concentrate

GOLD

Work hard

Understand others

Imagine

King's Meadow Academy

Try new things

Improve

95, 96, 97

Personal Development Booklet

Push yourself

Work hard & improve




Clearly identify own strengths and areas for improvement.

Seek the opinion of others to help identify improvements.

Show effort and commitment in refining and adjusting work.


Have fun working hard.

Understand the benefits of effort and commitment.

Continue to practise even when accomplished.

Encourage others by pointing out how their efforts gain results.

Concentrate



Give full concentration.

'Tune out' most distractions.

Understand techniques and methods that aid concentration.

Develop expertise and deep interest in some things.


Try new things

Enjoy new things and take opportunities wherever possible.

Meet up with others who share interests in a safe environment.

Find things to do that give energy.

Become fully involved in clubs or groups.



Understand others

Listen first to others before trying to be understood.

Change behaviours to suit different situations.

Describe and understand others' points of view.

