

Imagine



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



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.

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

Push oneself in areas that are not so enjoyable.

Don't give up

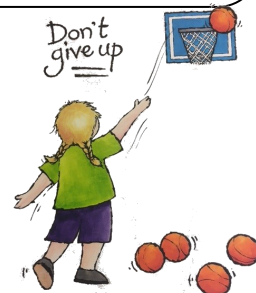
Show a determination to keep going, despite failures or set backs.

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



Don't give up

Work hard

Understand others

Concentrate

Imagine

Try new things

Improve

Push yourself

MILLBRIDGE
A SHARE Primary Academy

Personal Development Booklet

Work hard & improve




Clearly identify own strengths and areas for improvement.	Understand the benefits of effort and commitment.	Encourage others by pointing out how their efforts gain results.
Seek the opinion of others to help identify improvements.	Continue to practise even when accomplished.	Show effort and commitment in refining and adjusting work.
Have fun working hard.		

Concentrate




'Tune out' most distractions.	Understand techniques and methods that aid concentration.
Give full 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.	Understand the importance of identifying and combatting discrimination.