

Be Successful

Feeling successful is often related to the tasks we manage to complete in a day. Sometimes, by changing our expectations and the tasks we set ourselves each day, it can help us to feel more positive and experience a sense of accomplishment. Using the table below, list the five things you wish to accomplish within a normal day where you have time to rest in the evening. Make sure your targets are achievable and simple. Use this to refocus yourself during the day should you become distracted or overwhelmed. Physically ticking off tasks leads to a positive feeling and sense of wellbeing. This can also be used to organise and plan your day and tasks, thereby reducing your 'mental load'.

Task	Complete?	Action Needed If Task Isn't Completed Today ...
e.g. Leave home with the bed made.	✓	NA
e.g. Mark yesterday's maths books before school.	X	Mark while working with a group and complete any further marking after school tomorrow.

Additional Support:

Having one or more signs of anxiety does not mean someone is necessarily suffering with anxiety. If you are experiencing some signs of anxiety, it is important you speak to someone you can trust. It is also important to ensure you are supported by your GP.

Getting help is the first step to getting better.