

A Few Words of Wisdom

1. Every day is a fresh start – you decide if you will be happy, sad, mad, in charge or out of control.
2. You get one chance to go through life; the choices you make determine how your story turns out. You write the script but there are no re-writes for what has already happened.
3. It does not matter if your family is educated or not, rich or poor, supportive or difficult, or if you believe your teachers are awesome or cranky. You still get to decide each day how it will be for you, and what you will do with your body, mind and heart.
4. Wishing for success is not enough. You must believe down deep that your success is possible and then do the work that success demands.
5. Pick friends who will help you reach your goals.
6. Find safe and healthy ways to relieve stress.
7. Turn off the TV and video games enough to get involved in school activities and/or community service.
8. Let your parent(s)/guardian know what is going on in your life.