

STOP OVERWHELM



Sometimes changes can seem overwhelming, but these big changes can be made much more manageable by using the same technique as Growth Mindset Goal setting ... being S.M.A.R.T.

This involves dealing with changes by tackling them in small manageable chunks:

- S. SPECIFIC** Pick one specific area to work on at a time.
- M. MEASURABLE** How will you know if you've been successful?
- A. ACHIEVABLE** Attainable - set yourself up to be successful.
- R. REALISTIC** Small realistic steps stop you feeling overwhelmed.
- T. TIME BOUND** Set targets to help motivate you.

This SMART technique can be used in many different ways.

Maybe the change in your life involves you learning, seeking support or carving out time for yourself?

Try the technique for yourself below, and make sure to recognize the strength and resilience displayed by actively growing through change.

S. _____

M. _____

A. _____

R. _____

T. _____