

STUDENT SUCCESS BUILDER™

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INTRODUCTION

The Student Success Builder™ is a program for students in their teens or twenties, designed to accelerate personal growth. It lists many of the important attitudes, behaviors and skills exhibited by young people who live highly successful, fulfilling lives.

This program is not a test! It was not designed to generate self-criticism or judgment. The items listed in the program are simply tools to help you more easily get what you want.

Here are important areas to focus your energy:

**Personal
Pride**

Integrity

Self-Care

Wellness

Money

Organization

**Time
Management**

Study Skills

Mastery

Perspective

Initiative

Attitude

Relationships

Family

Environment

NOTICE

This program is designed to be delivered by a specially trained personal coach. This program is owned exclusively by Damian Nash, and any adaptation or group use for fee requires licensing and royalty payment. Individuals may use this program for their own personal development, with no licensing required.

INSTRUCTIONS

STEP 1

Read through the list and rank on a scale of 0 to 5 how well each item describes you. (0 means not at all, 5 means completely). Cross out any items you could never imagine scoring a 5 on — they are things which you probably do not value. Then look at all your fives. Think about the results you get from each. Do you like those results? Talk about them with your coach! The places where you didn't rate yourself at five are signs that you are definitely human; all of us have plenty of room to grow!

STEP 2

Choose one category where you would like to get better results. Pick three items and work with your coach until all three are completely true for you. You may want to reword some items to fit your situation better, just don't water any of them down. Rise to the challenge!

STEP 3

Once you have made three permanent changes, celebrate your success with your coach. Then do it again!

STEP 4

After making changes for three or four months, you may feel ready for the Student Success Sweep! With your coach, design your own list of the 100 most important attitudes, skills and behaviors that will get you what you want. You can use as many or as few of the items from this list as you choose. Include the important ones which you already do well and want to maintain. Make sure each item is consistent with your top five values.

STEP 5

Talk with your coach regularly about your progress on the Student Success Sweep. Make sure to celebrate every new point you earn! It may take a year or more to get your score up to a 4 or 5 on every item. There are always obstacles on the road; keep your eyes on the goal. Though it might feel discouraging at times, your process will be one of the most worthwhile things you have ever done. Your reward will be living the life that you really want!

1. PERSONAL PRIDE

- I am proud of who I am.
- My clothes reflect who I am.
- I like the way I look.
- I feel fit and healthy.
- All my habits support my values.
- I shower and bathe regularly.
- I brush and floss my teeth daily.
- My hair is in the style and condition I want it to be.
- My skin and nails are well taken care of.
- I have a sport, hobby, art form or craft that I pursue passionately.
- My room is clean, neat, organized.
- I like the way my room is decorated.

2. INTEGRITY

- I am considerate; I do not judge other people or hold things against them.
- I am forthright; I do not talk behind other people's backs or gossip.
- I make requests of people; I do not complain.
- I am always truthful, even when it gets me in trouble.
- People can count on me because I keep my word.
- I have sincerely apologized to everyone I have hurt or upset, even if I didn't mean to.
- I have completely forgiven everyone who has hurt or upset me.
- I am not tolerating anything; I deal with things right away.
- I live my life on my own terms, not by the rules or preferences of others.
- I am complete with all my old friends; we parted on good terms.
- I take good care of my pets and plants.

3. SELF CARE

- I like myself and believe other people should treat me well.
- I do something nice for myself every single day.
- I let people know if they hurt my feelings.
- I am clear about my own values and morals.
- I am clear about my boundaries and standards.
- When I tell people "no" I don't feel badly about it.
- I express my feelings easily; I am not ashamed of what I feel.
- I express my opinion even when nobody else agrees with me.
- I am aware of my moods and how they affect my judgment.
- I am well-rested for school; I rarely miss sleep working on assignments.
- I practice some form of spirituality.

4. WELLNESS

- My weight is in the normal range for a person of my height.
- I eat three or more helpings of vegetables and/or fruit every day.
- I eat sugary, greasy and/or fatty foods less than once a day.
- I exercise more than three times a week.
- I don't smoke or ingest other harmful substances.
- I don't drink alcohol or do other drugs, including caffeine.
- I understand the important facts about AIDS and STDs and how to avoid them.
- My behaviors keep me safe from AIDS or STDs and unwanted pregnancy.
- I'm a safe driver; I don't ride with unsafe drivers.
- I rarely miss school due to illness.
- I watch less than five hours of TV per week.
- I play less than three hours of video games per week.

WELLNESS cont.

- I use well-made sunglasses
- I drink purified water.
- I am getting appropriate professional support for any physical, emotional or mental conditions I have.
- Life is pleasant; I do not suffer.

5. MONEY

- I respect the hard work that my family has done to earn money.
- I enjoy working when I am getting paid what my time is worth.
- I ask openly for money from my parents or raises from my boss.
- I put at least 10% of each paycheck I earn into a savings or investment account.
- I have a general plan about how I will become financially independent.
- I have a clear understanding of what financial support my parents will give me for college.
- I have a clear picture of when my parents expect me to be completely on my own.
- I understand compound interest and how it can help me get rich.
- I understand that money can't buy happiness.
- People are far more important to me than money.
- I understand that having money makes it easier to do good things for others.

6. ORGANIZATION

- I am organized: I can find all my things when I need them.
- All my notes, handouts and other materials from every class are filed or organized.
- I have plenty of containers and labels for everything.
- I always have all the pens, pencils, papers or other supplies I need for class.
- All my pens, pencils and erasers work well; I throw out the duds!
- The place where I do my homework allows me to concentrate easily.
- I take advantage of all my resources (libraries, counselors, teachers, tutors, etc.).
- I finish projects before starting new ones; nothing is "on the back burner."

- I am fully caught up with letters and calls.
- I make good decisions easily and stick to them.

7. TIME MANAGEMENT

- I plan ahead and make thoughtful decisions about my schedule.
- Every homework assignment I submit is complete and on time.
- I break large assignments into parts and do them in order.
- I list assignment due dates on my calendar.
- I am caught up or ahead in all of my classes; I don't procrastinate.
- I am prepared ahead of time; I don't cram for exams.
- I schedule time to do homework & stick to it.
- I spend more time working on important things than urgent things.
- Sometimes I plan a whole day off from my responsibilities.
- When I take vacations I leave all my worries behind.
- I take breaks at work and when doing homework or studying.
- My class load is manageable; I don't feel overwhelmed by school.

8. STUDY SKILLS

- I make sure I know what the teacher wants before starting assignments
- I am on time for all of my classes every day.
- I sit where I can see, hear and learn easily without distractions.
- I interact with the teacher during class.
- I work carefully on all of my assignments.
- I concentrate on assignments easily when I need to and do not rush.
- My test-taking skills allow me to get the results I want on exams.
- My grades accurately reflect what I learn in class.
- I make the most of my time in labs and work periods.
- I have at least one study partner for every class.
- I take accurate notes that cover important points from class.

STUDY SKILLS (cont.)

- I complete exams without rushing or using adrenaline to finish them.
- I check my work thoroughly; I rarely make "dumb mistakes" on tests.
- I feel relaxed, calm and alert when I take tests, not anxious.
- I feel fine, not ill or exhausted, when tests are over.
- I get the grades I really deserve on tests.

9. MASTERY

- I enjoy learning for its own sake.
- I want to go as far as I possibly can with my education.
- I enjoy talking about what I have learned with my friends or family.
- I find a way to enjoy most of my assignments and tests.
- I look forward to most of my classes.
- I keep my mind active during boring classes, bus rides, etc.
- I enjoy feeling creative and do creative things often.
- I feel confident about my writing ability.
- School feels meaningful to me.
- There are other meaningful things in my life besides school.
- I feel good about myself even if I don't get straight A's.
- I keep my sense of humor during work and school.

10. PERSPECTIVE

- I understand how what I am learning in each class relates to the bigger picture.
- I see how the topics of my classes relate to each other.
- Learning is useful for me; what I learn affects what I do.
- I know which classes I will take next term and how they fit into the bigger picture.
- I can list five careers which seem like things I would enjoy doing for a long time.
- I have discussed possible career options with my parents.
- I often have meaningful conversations with other adults.
- I have talked at length with a personal

coach or guidance counselor in the last three months about my future direction.

- I have a clear understanding of my interests, abilities, aptitudes and resources.
- I have learned about a new career in the last month.
- I am familiar with good books and websites about careers and occupational outlooks.
- I understand my family finances and know what kind of support to expect for school and career development.

11. INITIATIVE

- I speak up in class when other students don't.
- Whenever I get confused in class I ask questions without feeling embarrassed.
- When I understand something well, I speak up without feeling embarrassed.
- I talk with my teachers after class or outside the classroom.
- I talk with my academic advisor more than my school requires me to.
- I know what I want to do when I graduate from school.
- I learn from teachers and classmates even if I don't like them.
- I seek out new people and new experiences.
- I let people know what they can do to make me happy.
- I seek leadership positions in school organizations and clubs.

12. ATTITUDE

- I laugh out loud several times a day.
- What I think about myself matters more to me than what other people think about me.
- I enjoy being different from other people.
- I enjoy spending time alone.
- I like myself.
- I laugh at myself sometimes; I don't take myself too seriously.
- I enjoy helping other people.
- I enjoy being playful and kind with other people.
- I want to be the best person I can be.
- I enjoy being alive and feel optimistic about my future.

13. RELATIONSHIPS

- I have a best friend I can talk to about anything.
- Friends are more important to me than possessions or status.
- I am sensitive to other people's feelings.
- I have a blast when I am with my friends.
- I am as popular as I want to be.
- I like my circle of friends.
- I make new friends easily.
- I respect the values and morals of my friends.
- I like and respect the person I am dating.
- I enjoy spending time with the person I am dating.
- I get along with my classmates & co-workers.
- There is no one who I would dread or feel uncomfortable "running across."
- I receive enough love from people around me to feel good.
- My friends support me; none of them drag me down.
- I choose friends who accept me the way I am.

14. FAMILY

- I get along with my brothers and sisters.
- I can talk with my parents about anything.
- I understand that my parents are human and are doing the best they can.
- I help my parents communicate clearly what they expect from me.
- My parents support my success in school in a way that really helps.

- I spend time with my whole family on a regular basis.
- I look forward to vacations with my family.
- I know the members of my extended family.
- I have recently told my family members how much I care about them.
- I actively participate in family events.
- I understand that "we're all in this together."
- I take responsibility for my part in keeping our house clean.

15. ENVIRONMENT

- I care about my personal surroundings.
- I surround myself with beautiful things and great music.
- There is plenty of natural, bright lighting where I hang out.
- I feel safe and secure in the places where I spend most of my time.
- I make changes in my home or school environment to suit me; I tolerate nothing.
- I own nothing that I do not need or use regularly.
- I care about the natural environment.
- I recycle everything I can.
- I minimize waste; I never litter.
- I drive only when necessary; I use public transportation.
- I am concerned about global problems and want to do my part locally.
- I have participated in a community service project in the last month.
- I belong to a club or organization that is making a difference in the world.

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