



# The Five Keys To Success

ARC NAPTON KS2

## Resilience (Stickability)

- Learn to embrace and celebrate success in others.
- Remember that failure can be the first step on the road to success.
  - Try to learn from your mistakes.
  - Try to think positively....“I can do it”.
- Know your original shape and be able to bounce back to it when you get stretched.
- Accept that learning will cause anxiety

## Knowledge of Life and its Rules

- Understand the rules and their consequences so that you can make smarter decisions.
  - Accept help when it is offered.
  - Know it is never too late to start again.
  - Learn to accept praise graciously
- Do not fear change, accept that it can be the start of something wonderful.
- Do not be afraid to ask for help. We all need help from time to time.

## Hunger to Achieve

- Allow yourself to dream. Aspire and visualise success.
  - Still want success even after setbacks.
- Understand that others doing well doesn't lessen your achievements.
- Understand that what you have done in the past has not always worked for you

## Planning for Success

- Deal with acorns before they grow into oak trees.
  - Be prepared fully for the task in hand.
  - Learn to expect and celebrate success
- Be honest, set challenging goals and do your best to reach your targets.
- Be balanced and flexible and change what doesn't work for you.

## People Skills

- Know that respect is like a boomerang. If you give respect to others you will get it back.
  - Be a leader and not a follower.
  - Be sensitive to your own needs and consider the needs of others.
- Try to not make yourself feel better at the expense of others.
- Look people in the eye when you talk to them and.....smile!

**Remember.... a good session starts with a smile**

