



“4 Things a Pencil Can Teach Us” ***HERE***

Sharpening: *Experiences (some painful) are a part of life, they shape us and can mold us into something better*

Eraser: *Mistakes are a part of life, some can be corrected and some can't learn from our mistakes*

Lead: *The most important part of each of us is what is inside (heart, morals, ethics)*

Pencil: *Keep writing your story and living your life, Don't Stop!*



Your Best, Your Growth, Your Future

Visualize your ideal self

What do I want from life?

Where do I see myself by the end of the year? In 5 Years?

What do I regret?

What makes me proud of myself?

Explore your passions

What excites you, or brings you happiness?

Try new things

Start with something small, pay attention to the feelings you have after doing it. This can help to increase our self-esteem.

Evaluate your skills

What comes easy to you?

What have others told you that you do well?

Identify what you value about yourself

What do you value most: honesty, compassion, loyalty, creativity, intelligence, courage, etc.

Ask yourself questions

Why do I do the things that I do?

What drives me?

What sets me apart from others?

What do I need to work on?

Additional resources and information can be found on our district [Mental Health & Wellness site](#), or the BAS App. Just type in Brighton Area Schools on iTunes or Google Play.