

SUBSTAINABLE DEVELOPMENT GOALS

Sustainable Development Goals, or SDGs, are 17 important goals that world leaders agreed on to make the world a better place for everyone. These goals help protect the planet, improve people's lives, and make sure we all have a better future. The SDGs cover things like ending hunger, making sure everyone gets good education, taking care of the environment, and helping people live healthy lives. Each goal is a way to guide countries to work together to create a world where people and nature can thrive. These goals are for everyone, everywhere, and they help us think about how we can all do our part to make the world better.



Discipline Means to Put First Things First

“Work First, Then Play”

I spend my time on things that are most important.
This means, I say “No” to things I know are not important.
I am organized and disciplined.

Putting First Things First means getting organized, deciding what is most important and then doing those things first.

1. Get Organized:

Have a “place” for important things like homework, etc. Create a “school project supply box” to use throughout the year (markers, crayons, glue, etc.)

2. Make a List:

Write down everything you have to do and want to do.

3. Prioritize Your List:

While urgent things must be done, ensure time for your “Important/Not Urgent” things (see examples in the box below).

	Urgent	Not Urgent
Important	<ul style="list-style-type: none">• Homework due tomorrow• Tests	<ul style="list-style-type: none">• Homework due in a few days• Relationship (family/friends)• Exercising, creative, play,• Helping, chores, service• Talents, sports, music, art
Not Important	<ul style="list-style-type: none">• Unimportant phone calls or emails• Other people’s minor problems	<ul style="list-style-type: none">• Excessive TV, video games, texting, internet surfing• Complaining, excuse making

Suggestions

- Make a planner or weekly checklist for “First Things First.”
- Do the hardest parts first.

DISCIPLINE



What is discipline?

Discipline is a key skill for you to process. Being disciplined means having the ability to stay focused on the task at hand, being organized, managing your time effectively and prioritizing your responsibilities. It also means to follow rules and time table.



BENEFITS OF BEING DISCIPLINED



We save our time.



We get better results.



We get to be more focused.



To eat right at the right time.



People appreciate us.

Discipline is a trait that is highly valued by society, friends, and family members. It is also a trait that can be developed and cultivated over time. Being disciplined means that you have control over your actions and are able to stick to your commitments despite other distractions.

EMPATHY



What is Empathy?

- Empathy is the ability to understand and share feelings of another person, imagining oneself in their place.



BENEFITS OF EMPATHY



Improved Relationships:

Empathy helps build stronger connections by showing others that you understand and care about their feelings.



Conflict Resolution:

It can facilitate resolving conflicts peacefully by promoting understanding and finding mutually agreeable solutions.



Promotes Kindness:

Empathetic individuals are more likely to engage in acts of kindness and support towards others.



Enhanced Communication:

It fosters effective communication as it encourages listening attentively and responding thoughtfully to others' emotions.



Personal Growth:

Developing empathy can lead to personal growth by broadening one's perspective and enhancing emotional intelligence.

OPTIMISM



What is Optimism?

- I will make it happen.
- I know it will be great.



BENEFITS OF OPTIMISM



Helps You Feel Happy :

Positive thinking leads to a happier life.



Helps You Make Friends :

Cheerful people draw others to them.



Keeps You Healthy :

A positive mindset contributes to overall well-being and strength.



Enhances Performance :

Believing in yourself improves your performance in school and sports.



Makes You Stronger :

Optimism helps you persevere through tough times.

CONFIDENCE



What is Confidence?

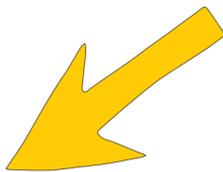
Confidence is a feeling of trust in someone or something. To be self-confident is to have confidence in yourself.



STEP TO BE CONFIDENT

Step 1:

Consider where you want to be and where you are now.



Step 2:

Look at what you've already achieved and think about your strength.



Step 3:

Set goals and develop the skills you need.

