



Dear Students!

Thanks for joining our Anatoliah Community and deciding to lead with emotional smarts. Wondering why you should take on this challenge? *Well, did you know that a whopping 160,000 students skip school every day because of bullying?* Crazy, right? So, the aim of this challenge is to help you develop habits that'll make you a super emotionally intelligent leader, both in school and beyond. Here's how it all works:

Before heading to bed, you'll take a moment to ask yourself the following questions:

- ✓ **Q1: Today, did I speak to a fellow student about my feelings?**
- ✓ **Q2: Today, did I listen to a fellow student in need of help?**
- ✓ **Q3: Today, did I thank a fellow student for inspiring me?**

Here are the guidelines for completing the challenge:

- ✓ **If you've answered "yes" to at least two of the three questions, please write a "y" in the box below for that day.**
- ✓ **If you've answered "no" to at least two of the three questions, please write an 'n' in the box below for that day,**

To win, you need to have more "y" responses than "n" responses for 21 days. The goal is to challenge yourself to have a "y" on each box for 3 weeks in a row. *You Got This!*

1 <sup>st</sup> Week							
2 <sup>nd</sup> Week							
3 <sup>rd</sup> Week							



Hey Students!

Here's a cool tip for boosting your self-esteem: try saying a positive pledge every day! Thousands of students all over America have practiced our pledge and found it really empowering. To become an emotionally intelligent leader, just grab this sheet, stand in front of a mirror, and say this pledge with confidence before starting your day. You'll be amazed at how it can change your perspective. *You Got This!*

**The Anatoliah Student Pledge:**

*I will commit myself/*

*To opening my heart and mind/*

*To become a better student/*

*I will face all of my challenges/*

*In and out of school/*

*With love, hope, and purpose/*



Alright Students!

Okay, so, we get it. Rules aren't usually fun. But hey, when there are rules that can actually make you better at thinking, feeling, and behaving both in and out of school, maybe it's worth giving them a shot, right? Check out these nine rules that can turn you into a super emotionally smart leader, no matter where you are! *You Got This!*

1. **A**lways start your day with empowering conversations!
2. **N**ever let another student's negativity impact your feelings!
3. **A**ctivate your positive decisions with a simple smile!
4. **T**ake a moment to review your academic goals for the day!
5. **O**rganize a list of the habits you need to adopt to be a better student!
6. **L**ook at pictures of people you love to remind yourself to never give up!
7. **I**magine yourself, for a minute, being the student you truly want to be!
8. **A**t least once a day, check to see where most of your time is focused on!
9. **H**ave a quiet moment alone and say: I believe, I trust, & I love myself!

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