

The logo consists of a blue staircase graphic with three steps, positioned to the left of the text. The word 'Student' is in a large, bold, dark blue font, and the word 'Breakthrough' is in a slightly smaller, bold, light blue font below it.

Student Breakthrough

Free Breakthrough Guide

This guide is designed to give you a quick breakthrough and to open your eyes to the power of coaching. To get the most out of this guide it is important you remember three things...

- Trust your imagination and dream big
- Be honest with yourself
- Believe that anything is possible

You are going to use two tools that have given so many students across the world an instant impact in their lives. After there is a space to think about and then answer a few questions.

The School Breakthrough

So why do some students succeed whilst others don't reach their potential?

Don't get me wrong there are loads of reasons to this question but here at Student Breakthrough we like to keep things simple.

Most students who are awesome at school are doing all of these three things...

1. Short, Frequent Study Sessions

- Breaking up homework tasks and revision into maximum of 30 minute chunks.
- This keeps you engaged and focussed on the tasks and keeps you performing at your best.

2. Use a planner, wall planner and a binder

- Using a planner and wall planner effectively each day to record homework assignments and tests
- A binder with file dividers for each subject helps you to stop the dreaded paper monster happening in your bag each day
- This gives your life so much structure and as a result instantly improves your organisation

3. Talk to your teachers about how you can do better

- This is so simple and it is so underused by students. Asking your teachers how to do better is the same as getting private tuition.
- It is a game changer and can give you an instant boost!

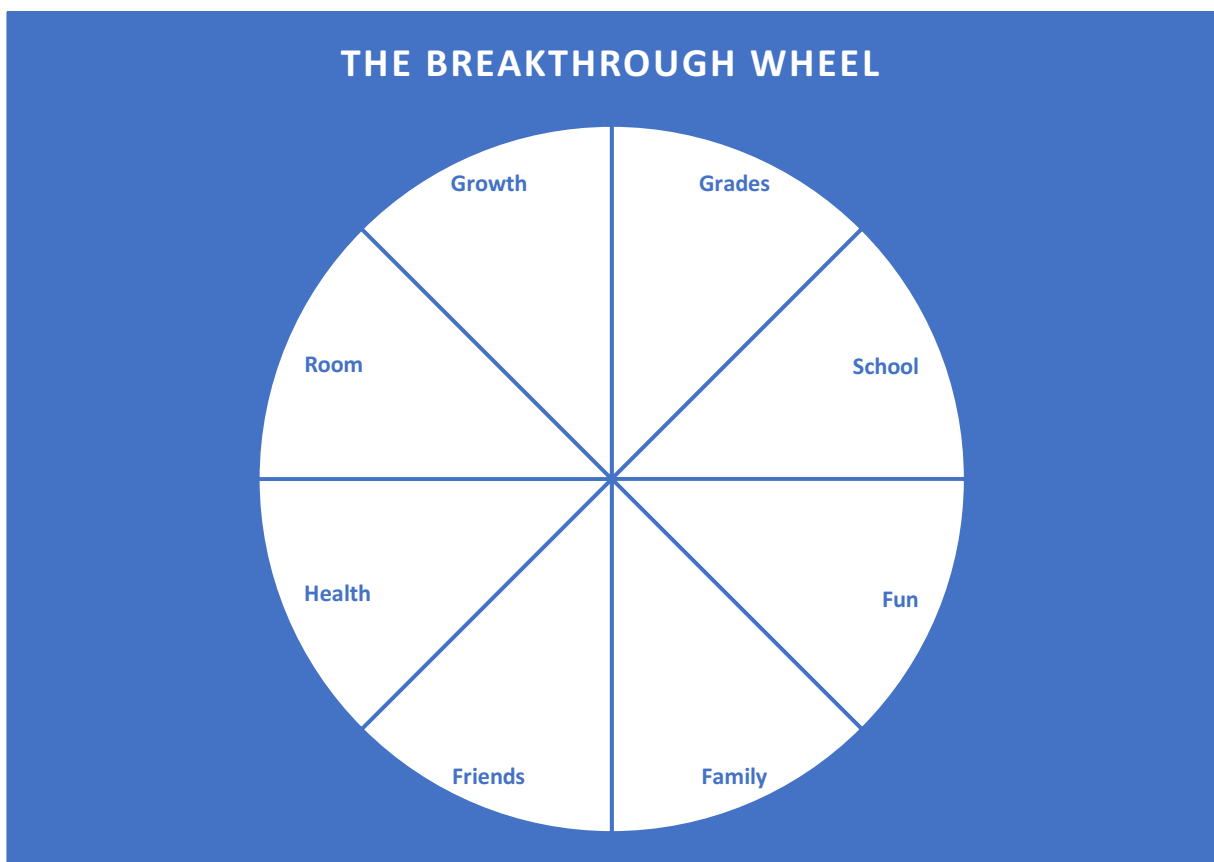
Rewind Questions <<<

- How are you doing with these three things?
- Out of the list what do you want to focus on first? When will you work on it?
- How will you know that working on that is contributing to your success?
- What other area in your life have you experienced success?
- What made success easy for you?
- How can you incorporate the same values/beliefs/actions of that success to how you approach school and your grades?

The Breakthrough Wheel

The Breakthrough Wheel is an awesome life coaching tool that brings awareness to all areas of your life. It is a great starting point when working with Student Breakthrough.

Check out the wheel below. Imagine each wedge starts at 1 in the centre and then gradually goes up all the way to 10. Take each wedge of your life in turn and then rate your level of satisfaction for each area on a scale of 1-10 with 10 being the highest and mark a cross in the middle of each wedge. Then connect the crosses together using a straight line. After you do this step, you should have a wheel drawn inside the circle that looks like a cog or gear.



- Grades: How happy (or not) you are with your grades
- School: Your overall experience of being in class and being with your friends
- Fun: How much fun you are having?
- Family: Your immediate family, and if you need to break this wedge into two (parents and siblings)
- Friends: Your friendship group/s
- Health: How healthy you feel, how much you exercise, and your diet
- Room/Personal Space: How clean or messy your room is and how happy you are with it
- Growth: How you feel you are growing personally and spiritually

Rewind Questions <<<

- From looking at your Breakthrough Wheel, what jumps out at you?
- If you were to increase your lowest scoring wedge by 2 what would be the outcome?
- If grades were a 15, what would your life look like?

Call to action

You are now going to set an action from what you have learnt from using the two tools. To set a decent, well designed action depends on four things...

1. Stated in the positive
2. Getting started and the success of the outcome depends entirely on you
3. Bite sized action
4. Measurable

Action: To get all A's

Well-designed action: To study for all my tests for one hour or more TWO days before the test date.

Action: To not get a bad grade

Well-designed action: To write in my planner each class, and if I don't have any homework I will write "no homework"

My well designed action :

I will know I have accomplished this action when I:

Your Breakthrough

What would be the impact if you achieved this outcome? What would be the value to you?

What Breakthrough moments have you had using this Breakthrough Guide?

I hope you have enjoyed this short Breakthrough Guide. If you're interested in creating success and happiness in any area of your life feel free to book in a FREE breakthrough consultation today!



To inspire and create success, happiness and wellbeing in students across the world!