



**Get Ready for a New Quarter  
with these 3 Questions**

**Life Success  
for Teens**



# DID YOU KNOW?

**Writing down** your goals and looking at them on a regular basis, **changes the way you think.** Changing the way you think, **changes your behavior** which helps you **achieve** those goals.

# 3 Questions to Start a New Quarter

**WHO DO YOU  
WANT TO BE?**

**WHAT DO YOU  
WANT TO  
ACCOMPLISH?**

**WHAT DO YOU  
NOT WANT TO  
REGRET?**

## **Who do you want to be?**

How do you want to be seen? Do you want to be the person that says "Hi" to everyone in the hallways? What about the person that is super involved in student government or a school club?

**Decide and write it down.**

## **What do you want to accomplish?**

Do you have a certain GPA you'd like to reach this quarter? Do you want to play a particular sports team? What do you want to do with your school year?

**Decide and write it down.**

## **What do you not want to regret?**

Have you always wanted to try out for the school play, but never have? Have you always wanted to go to the school dance, but missed it? Do you want to be friends with someone, but never said hi?

**Decide and write it down.**

# *In case we haven't met yet...*

I'm **Natalie Borrell**. In my work as a School Psychologist and **Academic Life Coach**, I have helped hundreds of teenagers to **develop skills** that will **benefit** them long **after high school**. The other coaches on my team (Alison and Sara) both work in the field of education.

I'm also a toddler mom and closet HGTV addict with a special knack for motivating teenagers. Connect with me via email or on Facebook. I'd love to talk to you about coaching your teenager.

**For more information, contact me at:**

[natalie@lifesuccessforteens.com](mailto:natalie@lifesuccessforteens.com)

(702)-751-4903

[lifesuccessforteens.com](http://lifesuccessforteens.com)

[facebook.com/lifesuccessforteens](https://facebook.com/lifesuccessforteens)

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## A few ways we can help your teenager:

1. Free Tips and Tools... Subscribe to our email list to receive weekly videos with free tips and tools for high school students.
2. Individual Coaching - we offer one on one coaching designed to help your teenager develop the skills they need in the real world.
3. Workshops - we provide workshops on topics such as study skills, motivation, organization, and goal setting.