**Academic Skills Affirmations**

I use **Q-Up** (to access alpha state) and **SLANT** to maximize my focus and boost my concentration.

I use the **Quantum Reading** process to make my reading more meaningful and increase my comprehension and speed.

I practice the **Quantum Writing** process to generate lots of ideas, organize, write, edit, and refine my written pieces.

I utilize **Mnemonics** (memory techniques) to focus and create associations and pictures that improve my retention and information recall.

I use brain-friendly note-taking methods **Mind Mapping** to make notes meaningful and memorable.

I use all three learning channels (**VAK**: visual, auditory, kinesthetic) and review, review, review (**10-24-7-10 and Make it Stick**) to effectively learn and retain new information.

I use the **Creative Thinking Process** to think big, get lots of ideas, and think outside the box.

**Life Skills Affirmations**

I live the **8 Keys of Excellence**—Integrity, Failure Leads to Success, Speak with Good Purpose, This Is It, Commitment, Ownership, Flexibility, and Balance.

I let go of my **fimage** and step out of my **comfort zone** to learn and grow every day!

I live **above the line** by taking responsibility for my choices and the results that follow.

I use **OTFD** to resolve conflicts in a way that keeps relationships positive.

I use the **Four-Part Apology** to mend damaged relationships with a meaningful apology.

I use **Goal Setting**—I know what I want and who I want to be, and I know what action I need to take to get it!