



New Aggie Tips & Advice

Welcome Back Aggies!

You made it through your first semester at TAMUG and have what it takes to succeed with us in Spring.

Messages worth bringing into 2020:

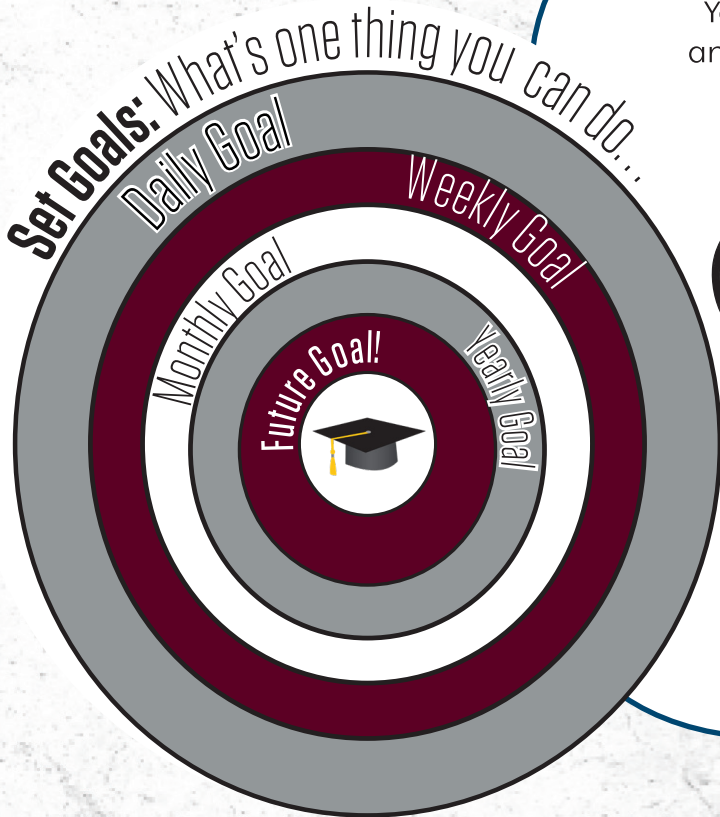
Friendships ebb and flow

Don't believe everything you see online

Its okay to be you

Its important to make time for your hobbies

Trust your intuition



What do your RESOLUTIONS look like?

- 1 **Protect your time and energy.** . . Do not pour yourself out without filling your own cup first.
- 2 **Stay ahead of the game.** . . Plan out your days, weeks, & months ahead of time!
- 3 **Write down your top 3 intentions.** . . Say them out loud each morning as your start your day
- 4 **Take time to rest every day.** . . completely disconnect from your phone and screens (if you can)
- 5 **Hydrate.** . . to keep your brain in top shape

STARTER GOALS

- 1 **Goals are too big and not realistic.** . . Pick 5 attainable goals over 20 impractical ones
- 2 **Not using a system (planner/calendar).** . . You need a way to plan & track your goals
- 3 **Not writing down your goals.** . . Keep your goals with you at all times.
- 4 **Not setting deadlines or reviewing your progress.** . . You need a clear deadline & accountability to stop procrastinating
- 5 **Having the wrong mindset.** . . Believe in yourself and your goals. That's the most important step!

HURDLES