

# ATHLIFE

“Attitude is the ‘little’ thing that makes  
a big difference.”

-Winston Churchill

## Tips to Finish Your Goals

As we enter the fall season, now is a good time to review your goals and make a plan to finish them. Follow the tips listed below to help check goals off your list!

- **Don't expect perfection** - be prepared for difficult times and setbacks.
- Focus on your **progress** - acknowledge your hard work and how far you've come.
- Break your goal into **smaller goals** - this will increase your confidence and success rate.
- Don't be afraid to **make changes** - adjust and adapt your goals as needed.

For more information, [click here](#) to read the entire AthLife Fundamentals article.

## Steps to Balance Life, Work, and Graduate School

Are you enrolled in a graduate program or thinking about pursuing one? Have you thought about how you will balance school along with your other responsibilities? Follow the steps below to ensure success in graduate school.

- First, **acknowledge** that life will change and your priorities may need to shift.
- Next, **talk** with those who will be impacted by your decision and ask for support.
- Finally, put **strategies** in place for balance, such as time blocking on your calendar.

[Click here](#) for more details from our AthLife Fundamentals article.

## ★ AthLife Tip of the Month ★

Remember to always welcome constructive feedback and take it as an opportunity to improve yourself. We all learn from our mistakes and grow from them to develop new skills.

### The Coaching Journey

Thinking about a career in coaching? Although each coaching path is different, it is essential to see the journey and not the destination. Below are some tips to gain a better perspective on coaching and to help navigate a future career within the field.

- Prepare for the high-level job by gaining skills through different experiences.
- Value high school coaching and the opportunities it provides to learn to teach.
- Learn how to problem solve and adjust to different situations.

Read more about [The Coaching Journey](#) in our AthLife Fundamentals article. Also, check out what Michigan State Head Football Coach Mel Tucker has to say about his coaching journey in this [AFCA article](#).

### Good Reads

- [Successful Online Learning Tips](#)
- [Best Tips for Reading Textbooks in College](#)
- [The Importance of Getting to Know Your Professors](#)
- [6 Easy Networking Tips You Need to Know About in 2022](#)
- [How to Answer “Tell Me About Yourself” in an Interview \(Plus Examples!\)](#)

