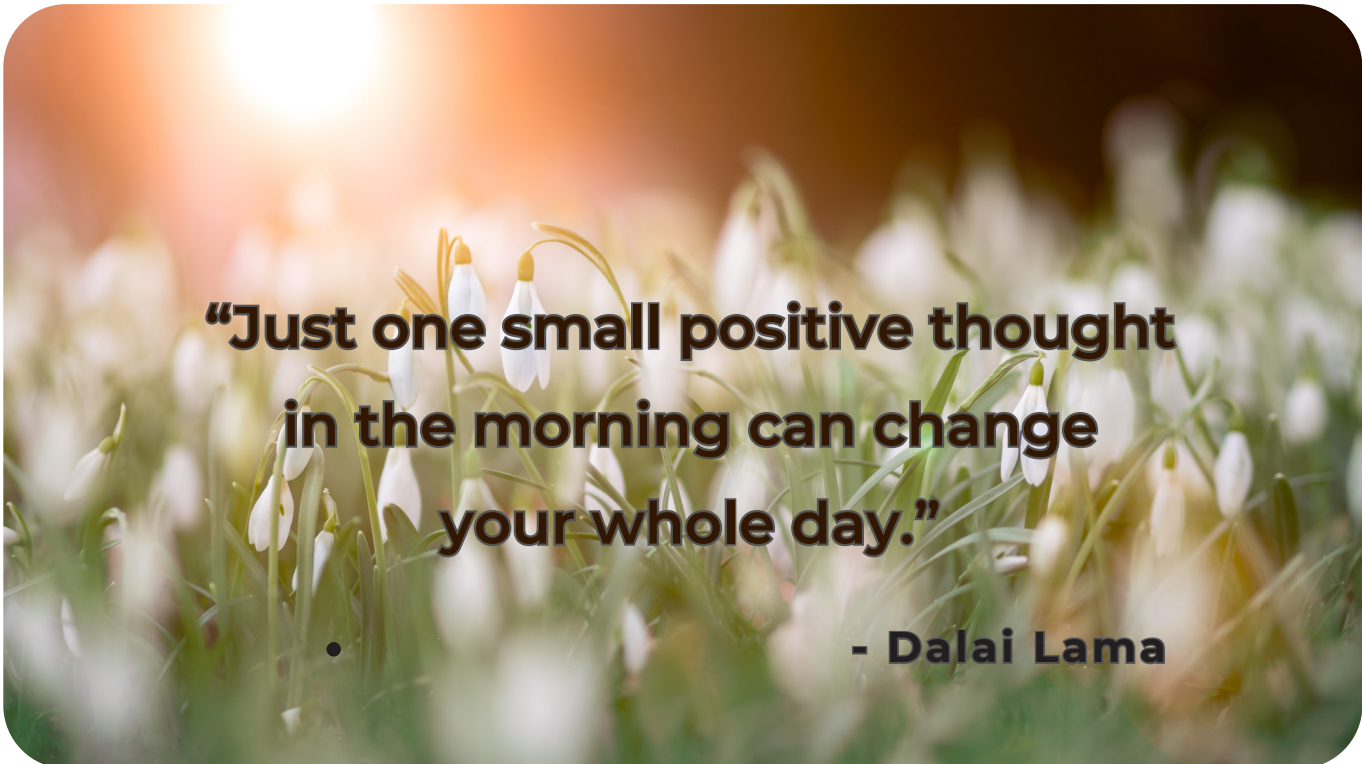


# ATHLIFE



**“Just one small positive thought  
in the morning can change  
your whole day.”**

**- Dalai Lama**

## **Make the Best Decision about Continuing Your Education**

When making a life-changing decision, such as returning to school, there are several concepts to first explore. [Review the tips below](#) to help you make the best decision about continuing your education.

- **Determine Priorities** - Define your main objective for continuing your education.
- **Cost of Deciding** - Determine the costs of continuing your education or not enrolling.
- **Beware of Emotions** - Do not let your emotions control the outcome of your decision.
- **Implement a Filter** - Use questions to analyze your decisions and their effects.
- **Do Your Research** - Research and review information before you make your decision.

## ★ AthLife Tip of The Month ★



Spring is a great time of year to clean up your social media presence. Spring cleaning your social media can help make sure your accounts are up-to-date and relevant. Using social media not only helps you stay connected with family and friends, but can also serve to build your professional brand. [Follow these steps](#) to spring clean your social media accounts.

## Change Your Mindset and Redefine Your Circumstances

A positive outlook is essential for success. Possessing a positive mindset means making positive thinking a habit and continuing to make the best out of every situation. [Review the strategies below](#) to help you adopt a positive mindset and redefine your circumstances.

- **Choose Excellence** - Give the best effort you can in every situation and excel.
- **Positive Influences** - Surround yourself with those who want you to succeed.
- **Focus on Your Vision** - Determine your main goals and make a plan to achieve them.
- **It's Okay to Have Fun** - Seek humor in your everyday life to help reduce stress.



### Good Reads

- [Balancing Life, Work and Graduate School](#)
- [Take a Break and Increase Your Focus and Productivity](#)
- [Tips for Completing Your Goals](#)
- [Is It Time to Finish My College Degree](#)
- [How to Make the Most of a Day](#)

