Surviving Lockdown

MRS CARTLEDGE
Surviving lockdown....

Here we are, in July 2020

The Coronavirus disease (COVID-19) has taken over.
Make this day great...how can we do this?

What is good about today? Think of as many positives as you can...
“We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee”.

Marian Wright Edelman
Who was Marian Eright Edelman?

- She was born June 6, 1939, in Bennettsville, South Carolina. She grew up at a difficult time for African Americans and women in general. But she never let this get in the way of her ambitions to make a difference. She was the first African American woman admitted to The Mississippi Bar in 1965, which meant that she was able to practise law and fight for equal rights for all Americans.

- One of the things that motivated her was her father’s dying words: "Don't let anything get in the way of your education." Her father died when she was just 14.

- She highly values education and said that: “Education is for improving the lives of others and for leaving your community and world better than you found it”.
Make This A Great Day

Start small...

What small changes can you make now?
Make This A Great Day

Make it a **daily habit**…

**Below are some top tips shared by professional athletes:**

- Get enough sleep
- Eat the right kind of foods
- Visualise your goals
- Keep a record
- Believe in yourself
Keep going…

What are the main barriers each day?

...what stops you from doing what you should be doing…?

The first step to overcoming barriers is through recognising what they are...

Be honest with yourself.
Make This A Great Day

So let’s make today great....

Small differences + Each day = Great difference