



Sakala Student Success Centre - Life Coach

Lonely? Depressed?

Overwhelmed?

Rejected? Fearful? Sinful Desires?

THERE IS HOPE & HELP!

At 25 years old;

- 100% said that they are going to grow up to be successful.
- However statistics show that only 5% actually realize their goals.
- Even sadder still over 50% are still broke at age 60.

What sets the 5% apart?

Learning the skills not to just cope, but to thrive.

Sometimes the chaos and things in our life seem too much to bear. However, there is an amazing team here on campus to help you through; not only to survive campus life, but learn the skills to THRIVE in life and join the 5%!

Our best example is Jesus; to live in freedom is to look at the cross. Jesus took all our loneliness, depression, sins, sickness, pain & more to the cross. A look at His life can give us the opportunity to receive relief and guidance in every area of our life.

The next page has a simple worksheet to assist you with moving the chaos, loneliness, depression, and fear into supernatural peace and victory! The battle begins in the mind, so on the next page is a tool to help guide you through on the perspective changes to THRIVE.

PERSPECTIVE & BOUNDARIES

By Joelle Nichole

1. 1st Identify the Problem or Chaos:

Not enough time to study, falling behind, stressed about my grades. Not getting enough sleep. Depressed.

2. Change to implement:

Scheduling out my time wisely

3. Why do you feel you haven't done this yet?

Lack of knowledge on how to plan, lack of time to plan, don't know where to start. Also, I need help with learning to deal with my emotions so they don't control me.

4. Results if you stay the same. List the negatives.

My grades are going to suffer. This is causing major anxiety and stress.

5. Projected results from embracing the change.

I will sleep better. I will have better grades. I will have less anxiety. I will be a better friend. I will thrive in my college life.

6. Perspective shift.

Taking time to meet with advisors, chaplains and a life coach to learn how to take charge of my life is necessary for not only my college success but for my future success as well.

7. Boundary.

I establish this boundary to protect my time so that I remain in peace and have confidence in maintaining my grades.

**Let us know how we can better assist you.
Confidentially reach the Life Coach directly**

**Joelle Nicholson
Burman Life Coach
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(403) 307-5436 txt/call**



BURMAN
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