**HOW TO ACHIEVE GOALS**

- Be aware of your 'why' to get motivated
  - Find out more

- Make your goals SMART
  - Find out more

- When hunting elephants, don't get distracted chasing rabbits!
  - Find out more

**HOW TO FOCUS**

- Stop multitasking
  - Our productivity decreases by 40% while multitasking. Do you think you get better with practice? The more you do it the worse it gets!

- Condition your brain with a focus ritual
  - Get more info

- Create your attention landscape
  - Get more info

**SOCIAL LIFE**

- Give yourself time to find new friends.

**HOW TO INFLUENCE YOUR THOUGHTS**

- Tips for perfectionists
  - Get more info

- Tackle your thinking traps
  - Find out the most common thinking traps.

- Use your growth mindset
  - When you are not capable of something YET, think: I can learn from this moment.
  - Get more info

**HOW TO DEAL WITH STRESS**

- Get out of your brain
  - Our brain is often overloaded with information. This exercise helps you to be in the moment again. Use it when you are thinking too much. As quickly as possible, think of: 5 things you hear, 5 things you see, 5 things you feel. Repeat this immediately.

- Move 3 times a day for 10 minutes
  - Topsport coach Paul van den Bossche explains how physical movement helps you to feel better.
  - Get more info

- Be aware of your stress symptoms
  - Find out more about stress