



The St Antony's Be-Attitudes

Be Responsible (Be proactive)

- *I make good choices.*
- *I take charge of my learning.*
- *I think for myself and take initiative.*
- *I learn from my mistakes.*
- *I say sorry when I am wrong and do not blame others.*
- *I choose what I do, what I say and what I feel.*
- *I can only be offended if I choose to be.*



Be Organised (Begin with the end in mind)

- *I plan ahead and set goals.*
- *I know what I want to achieve and how to do it.*
- *I do things that make a difference.*
- *I am an important part of my class, helping others and looking after resources.*
- *I contribute to my school's mission and vision.*
- *I look for ways to be a good citizen.*



Be Disciplined (Work first, then play)

- *I spend my time on things that are most important.*
- *I say no to things I know I should not do.*
- *I set priorities, make a schedule and follow my plan.*
- *I stay focused and am not easily distracted.*

Be Considerate (Think win-win)

- **JOY** (Jesus Others Yourself)
- *I think about what Jesus would want and what others need or want, not just myself.*
- *I make other people feel better and cheer them up.*
- *When disagreements happen, I try to find solutions that make everyone happy.*



Be Understanding (Seek first to understand, then to be understood)

- *I listen to other people's ideas and feelings.*
- *I listen to the words of the Gospel and try to live them.*
- *I try to see things from their viewpoints.*
- *I listen to others without interrupting.*
- *I look people in the eyes when listening or talking.*
- *I am confident voicing my ideas.*



Be Humble (Synergise – work together)

- I know that everyone is created and loved by God and I value the good in all people.
- I know that everyone has different talents and strengths.
- I try to follow Jesus and always do my best for others, helping those in need. I am **JOYful**
- I get along well with others, even people who are different than me.
- I work well in groups and listen to everyone's ideas.



Be Healthy (Sharpen the saw)

- *I take care of my body and mind by eating right, exercising, and getting sleep.*
- *I spend time with my family and friends.*
- *I spend time in prayer with God.*
- *I learn in lots of ways and lots of places, not just at school.*
- *I take time to find meaningful ways to help others.*



Be the change you want to see

- *I think about the affect my actions will have in the future.*
- *I try to make the world a better place for everyone.*
- *I look after God's planet.*
- *I behave in a way that will lead me to my goals.*
- *I constantly seek to become the best person I can be.*