



# EAT AN ELEPHANT



1. In your elephant jot down all the aspects that are worrying you about your course - e.g. performing on stage, completing a big assignment, failing your degree.
2. The best way to eat an elephant is in small chunks. What small chunks of study can you do this week to help you demolish the elephant?
3. Now review your worries - which are just worries that are out of your control? Can you do anything about them? How can you reduce your worry?
4. Which ones are in your control? - What decisive action can you take that will help you deal with this challenge?
5. Mark your decisions and plans on the sheet.

