



HIGH  
PERFORMING  
STUDENT

# MY GOALS

## HEALTH

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## FINANCIAL

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## PERSONAL & PLEASURE

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## RELATIONSHIPS

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## WORK

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## OTHER

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## RULES

- 1. Be Specific** about what you want. Describe it in as much detail as possible.
- 2. Set deadlines** for the completion of your goals. Deadlines get things done.
- 3. Repeat and Read** your goals daily. Put them somewhere you can see them.
- 4. Tell other people** your new goals. This will make you feel more accountable.



# SAM DEMMA

Sam is an entrepreneur, youth coach, and keynote speaker. His goal is to provide students with the tools and strategies they need to become servant leaders in their schools, businesses, communities, and in the lives of those around them. And it all started with...garbage. At the age of 17, he co-founded PickWaste, a grassroots initiative that brings people together to pick up trash in their communities. That experience confirmed to him how small, consistent actions could have a big impact, and he lives that message in all he does.

In a few short years, his inspiring and entertaining presentations have reached thousands of students across North America and his High Performing Student program has made a difference for young people in 6 countries around the world. He's delivered two TEDx talks, he is a board director of the Canadian Association of Professional Speakers, and there's no limit to where small actions will take this big thinker.

For more information visit: [www.samdemma.com](http://www.samdemma.com)





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**SAM DEMMA**

