

## How to approach applications

Are you almost completing applications and hesitating to submit at the deadline? Do you doubt yourself? Embarrassed to ask for help? In the wise words of Nike: 'just do it'. I wish I could follow my own advice but it's painful and anxiety inducing. Anyway, here are some strategies that could make things a little bit easier...

### Collect rejections

I tend to almost complete entire applications and wait for the deadline never submitting them and regretting it. But imagining that I'm collecting failures tricks my mind into trying. ✓ Just do it

### Rewards

Make a reward chart like in Super Nanny where naughty children get cute rabbit stickers when they behave, that are placed on stairs that lead to a castle and when they get to the door they get to do anything they want. They can buy as many hot wheels from Poundland as they want, they can get an ice cream with an EXTRA flake. Have a little sticker for each step then get a reward once the application is submitted.