

Time to do it for yourself – the overall picture:

Name of Activity	Time Commitment per Week	Why do I do it?

Time Commitment?

Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Be realistic in your choices. Be thoughtful in your options. In all things, remember balance. This is *your* high school experience. Are you doing the things you value? Are you investing your time and energy in the things you wish to learn and explore? Are you taking care of yourself – still able to get enough sleep and find ways to relax with friends? I hope this helps you make a decision that will bring you joy, success, and fulfillment. GO BEARS!