

Life Strategies for Teens
Life Law 7: Life is Managed; It is not Cured

Due:

Directions: Read “Life Law 7: “Life is Managed; It is not Cured” of *Life Strategies for Teens* pg. 154-173. Then please think about and answer the following questions on your own paper. Your answers can be typed or hand written. (The answers should show thought and be complete sentences in paragraph form with proper grammar, spelling and punctuation.)

We are what we repeatedly do. Excellence then, is not an act, but a habit.
-Aristotle

- 1) Read the above quote by Aristotle. Explain what this quote means to you. Think of someone who lives by this quote. Explain how excellence is a habit for him or her.

- 2) You are your life manager. Pretend like your life manager is a different person. You, as the boss, need to give him/her a performance review- you need to let them know how they are doing. Remember that the one thing that counts in your evaluation of his/her work is the results. What your manager has promised or hoped to do doesn't matter. You are interested only in results.
 - a. For each statement below, rate your life manager on a scale from 1-5. (1= almost never, 3= half of the time, 5= almost always)

- _____ My life manager is making well thought out, researched decisions.
- _____ My life manager is making sure that I always put my best foot forward.
- _____ My life manager is putting me in the right pace at the right time.
- _____ My life manager is taking care of my body.
- _____ My life manager is taking care of my mind by stimulating and challenging it.
- _____ My life manager is taking care of my emotions by not putting me in situations that will cause me problems.
- _____ My life manager is choosing good relationships for me.
- _____ My life manager is encouraging me to take some positive risks.
- _____ My life manager is making sure that I have some time to unwind and reflect every day.
- _____ My life manager is helping me meet new people and create new friendships.
- _____ My life manager makes sure that I am having fun.
- _____ My life manager shows me how to feel good about myself.
- _____ Total

- b. Look back up at the total; the highest possible score is 60 and the lowest is 12) How is your life manager doing? Is your life manager in jeopardy of losing his/her job? Explain.

3a) For the next week, keep a log of how you spend your time. Write down how much time you spent in each category during each day and describe what the specific activities were.

Day of the week	Physical: dance, sports, hiking, biking, etc. Things that work your body	Intellectual: school related (homework, time spent in class, etc.) independent work (reading, going to museums, etc.)	Social: making friends, my space, texting, chatting on internet, hanging out w/ friends, etc.	Other: watching TV, working at a job, running errands, etc.
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				
Total Time				

- 3) B. Analyze your time log. Where was the majority of your time spent? Where did you spend the least amount of time? Is your schedule out of balance? Do you need to make adjustments? Explain.

- 4) Now that you've looked at where you spend your time and energy, come up with 3-5 ways you can rearrange your time and energy (based on your time log) to make your day and week more productive. For example, "I'll stay one night every weekend to hang out with my family or catch up on some studying, instead of going out and hanging out with my friends." "I'll go directly home after practice in the afternoons so I can get a head start on my homework." Etc.