

## #1 Time & Health: Mental Focus

### Task 1: Create a Time Pie Chart

- **Expanded Task:**
  - Track your time usage for a typical weekday and weekend day. Use a time-tracking app or a simple notebook.
  - Categorize your activities (e.g., sleep, school, work, meals, exercise, leisure, etc.).
  - Create two pie charts, one for each day, using a tool like Excel, Google Sheets, or Canva.
  - Analyze the charts:
    - Identify areas where you spend the most/least time.
    - Reflect on whether your time allocation aligns with your priorities and goals.
    - Consider adjustments to optimize your time management.
- **Skills Developed:**
  - Time tracking and analysis
  - Data visualization
  - Self-reflection and goal-setting
  - Critical thinking

### Task 2: Establish a Daily Routine

- **Expanded Task:**
  - Design a daily schedule that includes:
    - Consistent wake-up and sleep times
    - Regular meal times
    - Dedicated time for exercise and physical activity
    - Time for studying or homework
    - Time for relaxation and leisure activities
  - Implement the routine for at least a week, tracking your energy levels, focus, and overall well-being.
  - Reflect on the impact of the routine and make adjustments as needed.
- **Skills Developed:**
  - Planning and organization
  - Self-discipline and consistency
  - Self-awareness and reflection
  - Adaptability

### Task 3: Draft Your Financial Mission Statement

- **Expanded Task:**
  - Reflect on your personal values and financial goals.
  - Consider questions like:
    - What is important to you in life?
    - What are your short-term and long-term financial aspirations?
    - How do you want to use money to achieve your goals and live a fulfilling life?
  - Write a concise mission statement (1-2 sentences) that captures your financial purpose and values.
  - Share your mission statement with a trusted friend or family member and discuss your goals.
- **Skills Developed:**
  - Self-reflection and introspection
  - Value identification
  - Goal setting
  - Communication and articulation

## **Additional Tips for Students**

- **Time Management:**
  - Break down large tasks into smaller, manageable steps.
  - Prioritize tasks based on importance and deadlines.
  - Utilize time management tools and techniques (e.g., Pomodoro method, to-do lists).
- **Health & Wellness:**
  - Get enough sleep (7-9 hours for teenagers).
  - Eat a balanced diet with plenty of fruits, vegetables, and whole grains.
  - Engage in regular physical activity.
  - Manage stress through relaxation techniques (e.g., meditation, deep breathing).
- **Financial Goal Setting:**
  - Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).
  - Review and adjust your goals regularly.
  - Seek guidance from a trusted adult or financial advisor if needed.

By actively engaging with these expanded tasks, students will develop essential skills for time management, health, and financial well-being, setting them on the path to success!