

#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!