

DE-STRESS

School. Seminary. Mutual. Scripture study. Family history and temple attendance. Soccer. Band.

Karate. Choir. Art. Homework. Service. . . . You name it. There's a lot on your plate. Managing all that you have to do can be as exhausting as trying to accomplish those goals in the first place.

So make sure you take time to find the right balance of the things that

matter most. You don't have to do everything. But you *will* be happier if you focus on the *right* things. How do you do it?

Here are some ideas to get you started. So go on. Enjoy life. You *can* do some fun and relaxing things and still do the things you need to do. Just remember to "counsel with the Lord in all thy doings, and he will direct thee for good" (Alma 37:37).



!!! WARNING !!!
You are under no contractual obligation to complete every single item on this list!



GO OUTSIDE



SCHEDULE FREE TIME



GET ENOUGH
SLEEP



PUT GOD FIRST

"When we put God first, all other things fall into their proper place or drop out of our lives."

President Ezra Taft Benson (1899-1994),
"The Great Commandment—Love the Lord,"
Ensign, May 1988, 4.

