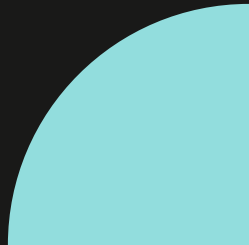




The Importance of Balance

Elder Project: Kade
Nelson



What is my Legacy?

Hard Working

- Always striving to be my best
- Never outworked
- Reliable

Caring

- Genuine
- Thoughtful
- Always willing to help

Fun

- Lighthearted
- Always making jokes and having a good time



Purpose

What has been your reasoning and/or purpose for being involved in this program?

- Professional Development
- Create lifelong relationships
- Get involved
- College Applications

Experience and impact

What has your leadership experience meant to you and what is the impact this program has given you?

Developing Professionally

- Creating relationships
 - Resume
 - Interviews
-

Learning responsibility

- Taking accountability
- Managing time
- Prioritizing the right things

Making new friends and new memories

- Met friends in leadership
- Created unexpected relationships
- Made some of my best highschool memories

The balance between work and fun

How I have been able to have fun and be involved while maintaining straight A's all through high school while working and playing sports.



Ted Talk

3:04-11:20

How to properly balance your life



- ❑ Identify what is important to you
- ❑ Schedule time to work and time to have fun
- ❑ Understand that it is okay to occasionally be unbalanced
- ❑ Have a plan (lists)
- ❑ Set your boundaries

Homework



Make a list of the things you need to do tomorrow. Schedule time when you are going to get your work done, and also schedule time to have fun and relax. Use this list tomorrow. Send me a text at the end of your day letting me know how this changed your productivity or overall mood.

(209)-924-9842 (make sure you put your name in the text)