

## **Habits of Mind: Juggling Life's Commitments**



**In the above picture, the figure is having to juggle various commitments: school, work, health, family, and friends. What else can you add to the list (e.g. personal care, financial obligations, social responsibilities, etc)?**

**Usually, we struggle in some aspects of our lives more than others. Consider one aspect of your life which you may be neglecting in terms of time or attention.**

### **Journal:**

- a) How do you know you are neglecting this one aspect of your life?**
- b) Are you bothered by this?**
- c) What is observable by you? By others? Be specific. Try to come up with concrete examples.**

**Try a one-week experiment where you put this one item higher on your priority list. Come up with a single goal you would like to accomplish in this area and a target date. What happened?**

**(adapted from *Procrastination: Why You Do It, What to Do About it Now* by Jane Burka and Lenora Yuen)**