

Read the following situation in your group and discuss this person's life balance. What problems can you foresee if she continues this way?

Kerry is one of those people who wants to be everybody's best friend. She is kind, caring, and a great listener. Unfortunately, two of her good friends are not getting along at all and Kerry feels stuck in the middle. If she sides with one, she may lose the other. It is bothering her so much that she can't sleep. If only they could just get along. Then she could be friends with everybody again!

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Jamal is really good at video games. He has achieved level 5 in Space-Crash and none of his friends are even close to that. He is even two levels higher than his brother, who is three years older and always wins at everything. He really wants to get to level 8 so he spends all of his spare time before school, after school, and even under his covers in bed (his mom doesn't know) playing the game. If he can get to level 8 he will be a Champion!

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Kayla has made it to the school finals in the "Go to the Top Spelling Challenge." This is the first time that she has been in the finals for anything and her mom and dad are so proud. Getting to the finals was easy but to make it to the next level she will really have to practise, practise, practise! That means going online every night and looking up words and memorizing the different meanings and spellings. Her friend Lorena has invited her to a birthday party this weekend but she told her she couldn't go. She has to make the school board team, or everybody will be disappointed. No, for Kayla there is only time to work!

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Mikhail just wants everybody to leave him alone. He needs to concentrate on his dance. He knows he is good, but he wants to be better. At 12 years old, he actually has a chance to audition for a major theatre production, and nothing was going to get in his way! He isn't hungry, he isn't thirsty, he doesn't want to go to the museum or the pool or anywhere else that his dance troupe leader wants everyone to go. He really wants to ace the audition and he just wishes everyone would leave him alone!