**There are many things in life that can, potentially, waste a lot of time.  By minimizing distractions and removing time-wasters from our day we can accomplish more and potentially become more successful.**

1. You are working on an essay for your English class. You receive a text from your friend telling you to go over and watch your favorite t.v show. He/she tells you work on your paper tomorrow instead. What do you do?
2. You are working on a project that’s due the next day and your brother or sister has friends over. They are being very loud, laughing and blasting music, which turns into a distraction for you. What do you do?
3. You are in your room, studying for a big test this week then the doorbell rings. You see that’s it’s your friend at the door who is also in your same class. He/she wants to know if they can hangout for a bit because they’re bored. What do you do?
4. You are feeling overwhelmed. You have several assignments due the next day and don’t know how you are going to get everything done. You have to study for your science test, read 4 chapters for your history class, finish 30 math problems, and write a short biography about yourself. On top of that, you have to take public transportation to get home and you have a doctor’s appointment right after. What do you do?
5. You stay after school for practice/school activity, and afterward your friends decide they are going out to see the new movie that came out (Catching Fire). You really want to see it but you have to prepare for a presentation tomorrow. Your friends tell you to stay up late and prepare for it. What do you do?