



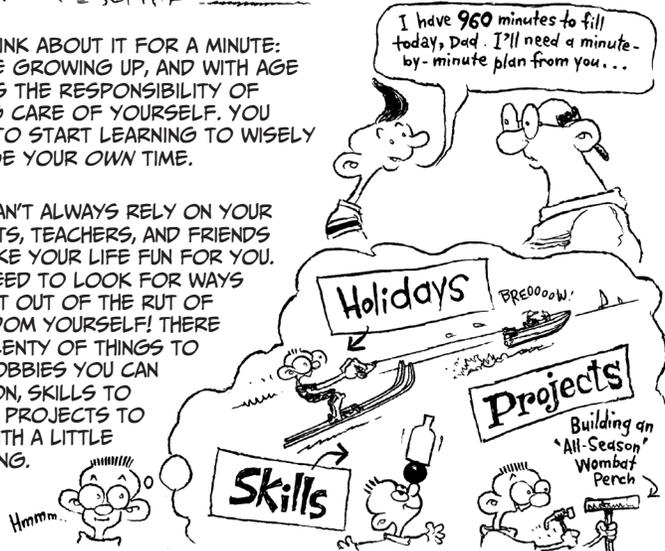
Tired of Being Bored?



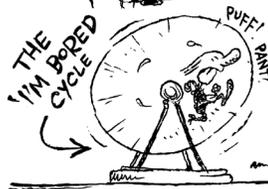
THERE MAY BE TIMES AS YOU GROW UP WHEN YOU FEEL BORED. WHEN THAT HAPPENS, THERE'S THE TEMPTATION TO WAIT AROUND FOR SOMEONE ELSE TO COME UP WITH GREAT IDEAS OF HOW YOU CAN MAKE THAT TIME MORE INTERESTING AND EXCITING.

BUT THINK ABOUT IT FOR A MINUTE: YOU'RE GROWING UP, AND WITH AGE COMES THE RESPONSIBILITY OF TAKING CARE OF YOURSELF. YOU NEED TO START LEARNING TO WISELY MANAGE YOUR OWN TIME.

YOU CAN'T ALWAYS RELY ON YOUR PARENTS, TEACHERS, AND FRIENDS TO MAKE YOUR LIFE FUN FOR YOU. YOU NEED TO LOOK FOR WAYS TO GET OUT OF THE RUT OF BOREDOM YOURSELF! THERE ARE PLENTY OF THINGS TO DO—HOBBIES YOU CAN TAKE ON, SKILLS TO LEARN, PROJECTS TO DO—WITH A LITTLE PLANNING.



If I can just find the ignition I'll be set...



IT TAKES SELF-MOTIVATION TO GET OUT OF THE "I'M BORED" CYCLE, AND THAT COMES BY TAKING RESPONSIBILITY FOR YOURSELF. BOREDOM IS AN EASY EXCUSE TO USE IF YOU'RE NOT FEELING SATISFIED OR HAPPY. BEFORE LABELING LIFE OR ACTIVITIES AS BORING, YOU SHOULD ASK YOURSELF WHAT EFFORT YOU'RE MAKING TO FIND SOMETHING TO DO. ARE YOU SITTING AROUND WAITING FOR SOMEONE TO COME UP WITH A PLAN YOU'LL LIKE? OR ARE YOU TAKING ACTION YOURSELF, AND THINKING OF CONSTRUCTIVE ACTIVITIES THAT NOT ONLY YOU CAN DO, BUT THAT YOUR FRIENDS MIGHT ENJOY AS WELL? THAT'S TAKING INITIATIVE!





Why am I UNHAPPY? WHY am I unhappy? I'll tell you why I'm unhappy! I'm unhappy because I... uh... because... I... um... let me see... it's coming to me... it's because... OH YEAH!!! It's because I'M BORED!..

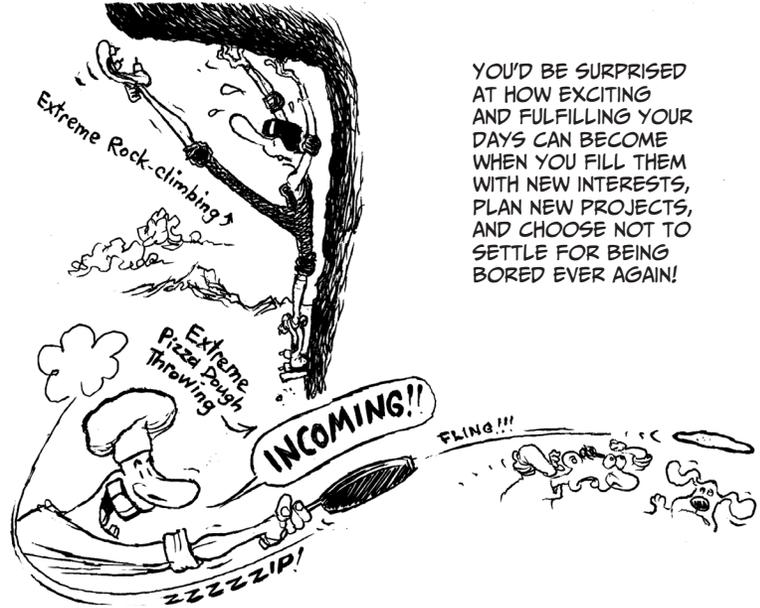


SIT DOWN AND MAKE A LIST OF ALL THE THINGS THAT YOU LIKE TO DO OR WOULD LIKE TO TRY. DON'T BE LIMITED BY WHAT YOU THINK YOU'LL NEVER BE ABLE TO DO.

WHEN YOU'VE MADE YOUR LIST OF ACTIVITIES AND PROJECTS YOU'D LIKE TO TRY, SHOW YOUR LIST TO YOUR PARENTS TO SEE IF THERE ARE ANY ON THERE THAT YOU COULD START WORKING ON RIGHT AWAY. YOU MAY NOT BE ABLE TO GET AROUND TO EVERYTHING ON YOUR LIST, BUT WITHIN REASON, YOU'LL FIND THAT THERE ARE MANY NEW AND DIFFERENT ACTIVITIES AND PROJECTS YOU CAN DO. LOOK FOR WAYS TO FILL THOSE "BORING" MOMENTS, AND YOU'LL SOON FIND THOSE "BORING" MOMENTS ARE FEW AND FAR BETWEEN!

Samantha writes her list of suggestions of her Boredom Busters

- "WILL DO" LIST**
- Cook tasty Marshmallow Soup
 - Discover new star (Name after mum)
 - Split atom
 - Midnight tracking with night-vision goggles
 - Learn Yiddish
- Fin



YOU'D BE SURPRISED AT HOW EXCITING AND FULFILLING YOUR DAYS CAN BECOME WHEN YOU FILL THEM WITH NEW INTERESTS, PLAN NEW PROJECTS, AND CHOOSE NOT TO SETTLE FOR BEING BORED EVER AGAIN!

S&S link: Character Building: Personal Responsibility: Responsibility-2b
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