

DISTRACTION OR PROBLEM

Whenever my friends want to go to the beach or hang out, I can't say no. I really should be studying, but I want to have fun too.

PLAN TO OVERCOME

While I'm in school, I've decided that Friday and Saturday nights will be the only nights to do fun things with friends. If my friends want me to do something fun on another night, I'll say, "I'm sorry. I need to spend my weeknights studying. Could we do something on Friday or Saturday instead?"