

What I Don't Do and Possible Results

What I Don't Do (Daily Behavior)	Possible Results (Examples)
Manage my time	I am always staying up the night before the assignment is due, wishing I would have been working on it sooner.
Go to bed early on school nights	I am always tired in class. This makes it hard to pay attention to what my teachers are saying. I know that I miss a lot of important things in the lessons.
Prepare in advance for tests	I wait until the last minute to study, and then when I go to study, there is so much to remember that I get very stressed.