

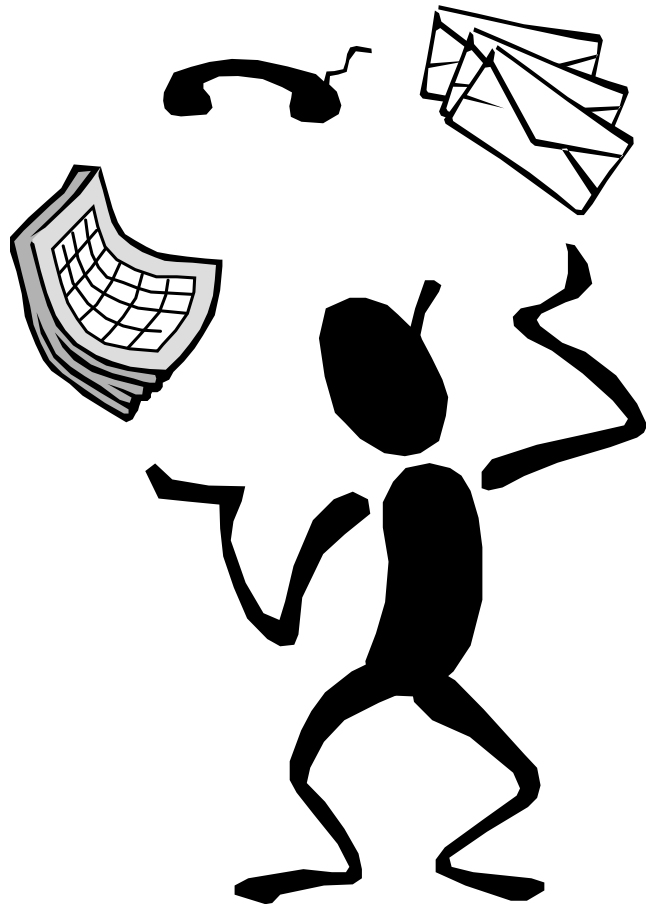
# Reflectively Practicing Better Organizational Skills that Suit My Personal Needs



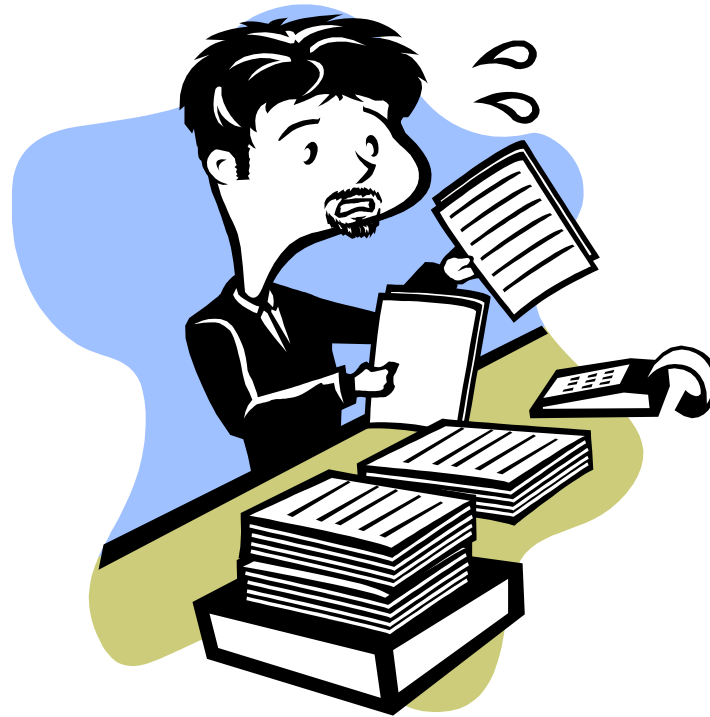
By Jacqueline Da Rosa



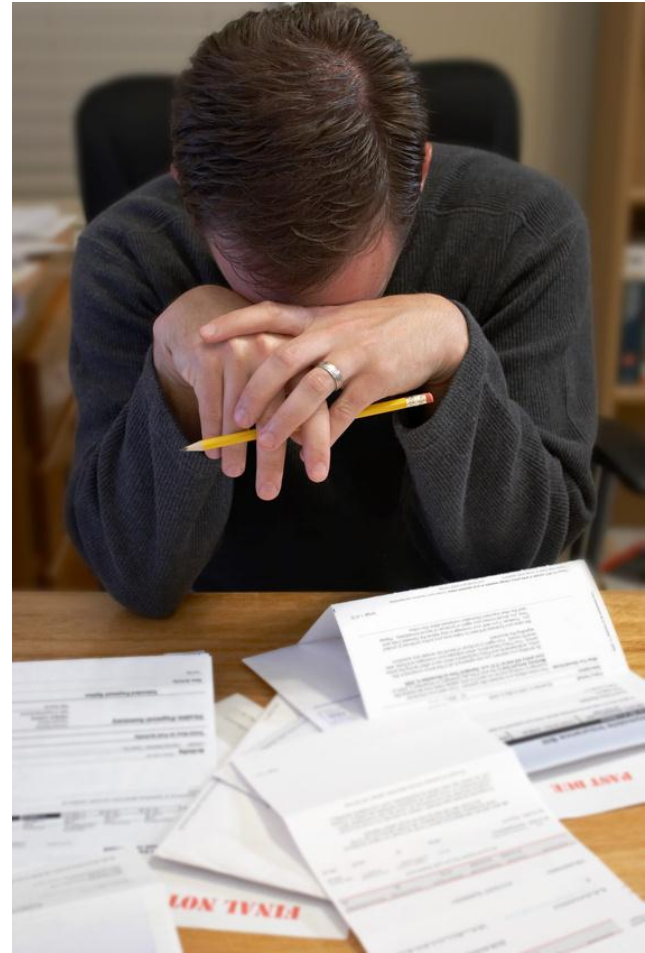
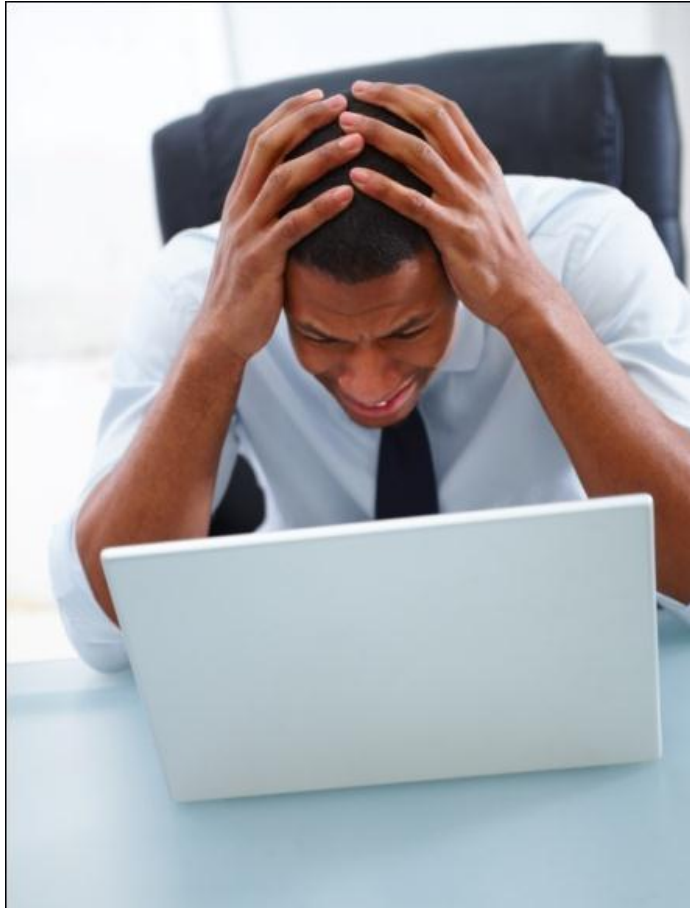
Do you ever feel like you have too much on your plate?



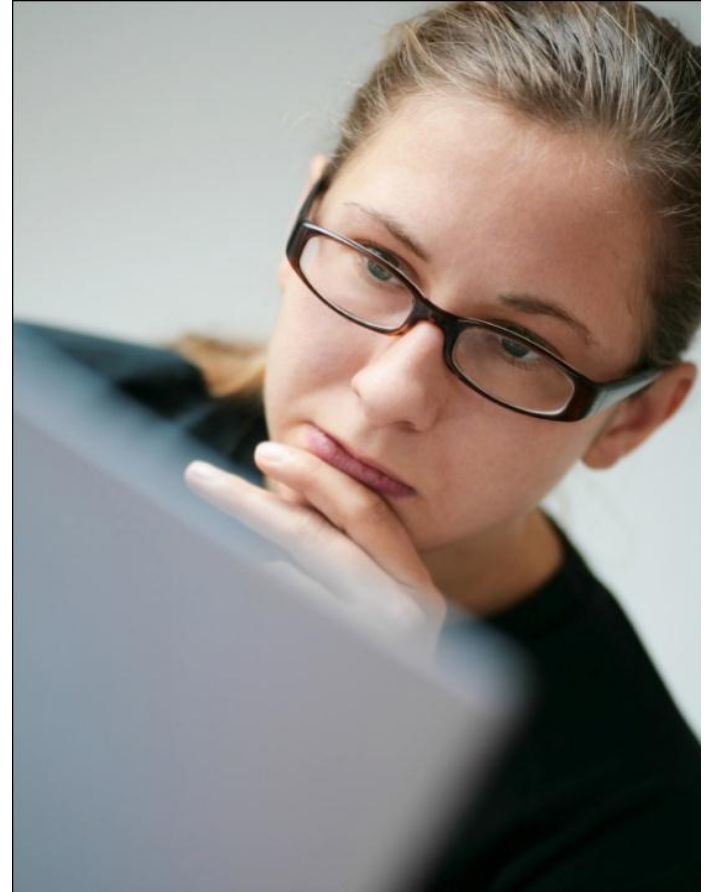
And you keep getting more



# Stress taking over....



# Trying to balance everything



# Feeling Overwhelmed...



# Frustrating when you can't find anything



# Feeling like there is not enough time for anything





# Need to find a way to balance

- School
- Work
- Household
- Family
- Friends



# Just wanting to Give Up



# But you have to much too lose

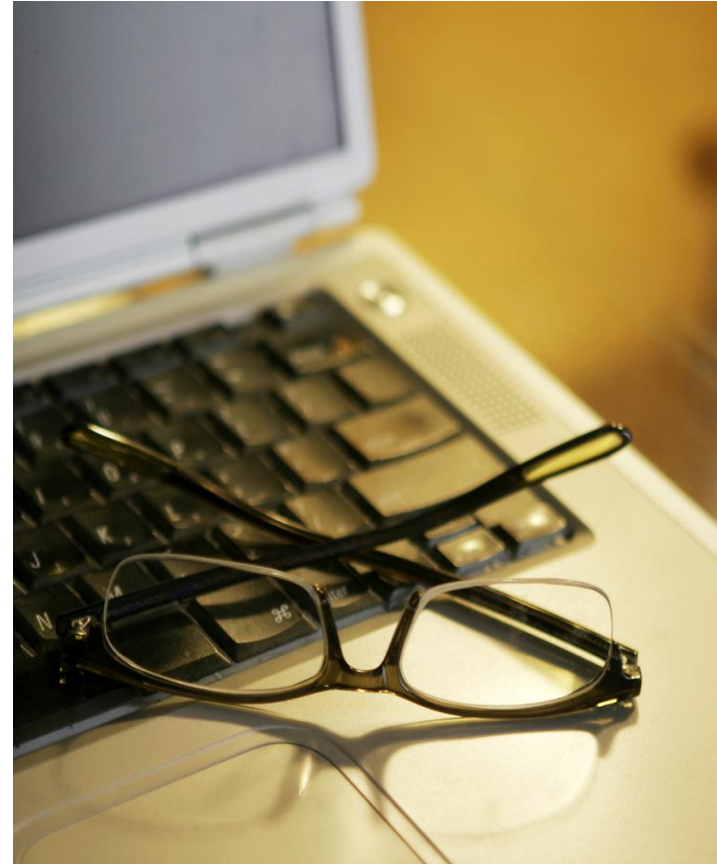
- Your Education
- Your Achievement
- Your Goals
- However Life must Go On



# Taking it one step at a time



# Figuring out a system that works best for you



# Use your Support Systems

- Family
- Friends
- School
- Work



# You are Not Alone



With the right tools you can make it through





# Your Greatest Reward is Self-Fulfillment

