

TASK CARD



The Daily Grind

TASK

1



Lately it has been very difficult to get out of bed.

TASK

2



You room is a mess and
you need to clean it.

TASK

3



Your parents are naggy
you to finish your
chores.

TASK

4



You have been putting
off going out with
friends until now.

TASK

5



Go do something you love. Sports, read, or watch a movie.

TASK

6



Go to a movie with your family (even if you don't want to go out).

TASK

7



Attend class and take
good notes.

TASK

8



Participate in an
extracurricular activity
after school.

TASK

9



You need to stay healthy to keep your mood steady so you need to eat right.

TASK

10



Homework has been piling up, so you need to get it done.

TASK

10



Go out to dinner with
your parents without
complaining.

TASK

10



Study for an important
midterm exam in
school.