

you feel so anxious about all the work you need to do that it's hard to get your work done...

LESS THAN 7 TOKENS: +1 stress

7 OR MORE TOKENS: +3 stress

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you weren't resume rejected! better prepare for the interview! do you have enough time for that?

LESS THAN 7 TOKENS: +3 career

7 OR MORE TOKENS: +1 career
+1 stress

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LESS THAN 7 TOKENS: +3 career

7 OR MORE TOKENS: +1 career
+1 stress

the class you're taking isn't directly related to your career. can you see that what you're learning is still valuable?

LESS THAN 5 TOKENS: +1 school
+1 career

5 OR MORE TOKENS: +1 school
+1 stress

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LESS THAN 5 TOKENS: +1 school
+1 career

5 OR MORE TOKENS: +1 school
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you cook a warm, healthy meal with your friends.

LESS THAN 7 TOKENS: +1 stress

7 OR MORE TOKENS: +3 stress

+2 health
+2 social

you cook a warm, healthy meal with your friends.

+2 health
+2 social

your friend invites you over, and you haven't seen them in a while. do you have enough time for that?

LESS THAN 8 TOKENS: +2 social

8 OR MORE TOKENS: +1 stress

your friend invites you over, and you haven't seen them in a while. do you have enough time for that?

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birdwatching seems fun... what if you joined the birding club...

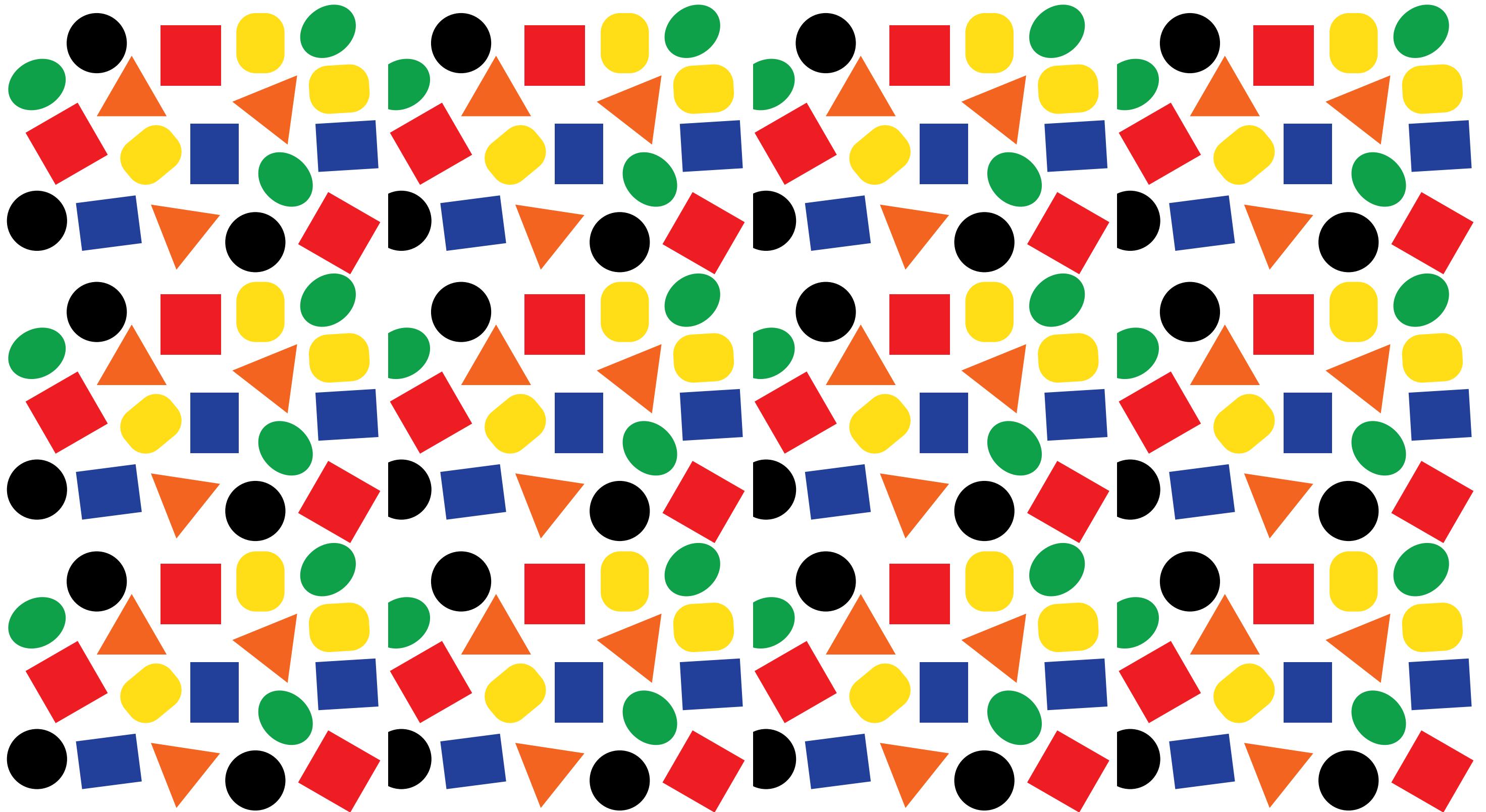
LESS THAN 5 TOKENS: +2 extras

5 OR MORE TOKENS: +1 extras
+1 stress

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LESS THAN 5 TOKENS: +2 extras

5 OR MORE TOKENS: +1 extras
+1 stress



you had trouble paying attention to the professor's lecture, but you find reading the textbook to be engaging and interesting.

+2 school

you can't follow along in lecture. you're not sure whether there's a reason for you to show up to class.

+1 stress

you stumbled over your words and talked too fast, but the interviewer seemed interested in what you had to say. all that's left is to wait for a decision.

+2 career
+1 stress

you talked with your mentors and peers about your class project, and you're feeling pretty good about it. you could even put it on your resume and portfolio!

+1 school
+1 career
+1 social

you're exhausted, but you can't fall asleep. you have to wake up before 9am the next day...

+2 stress

you meet up with your friend at the library to get some work done. you have a productive session, and it's nice to see your friend after you've both been really busy.

+1 school
+1 social

you forgot to take your meds this morning. no wonder it was so difficult to get through the day.

+1 stress

you've been at your desk doing work for way too long today. you go on a walk to get yourself moving and clear your head.

+2 health

the friends you made through your club helped get you connected to a job opportunity! you feel a sense of gratitude.

+1 extras
+1 career
+1 social

you had trouble finding common interests with your classmates, but it's different in this club! you like talking to and spending time with these people.

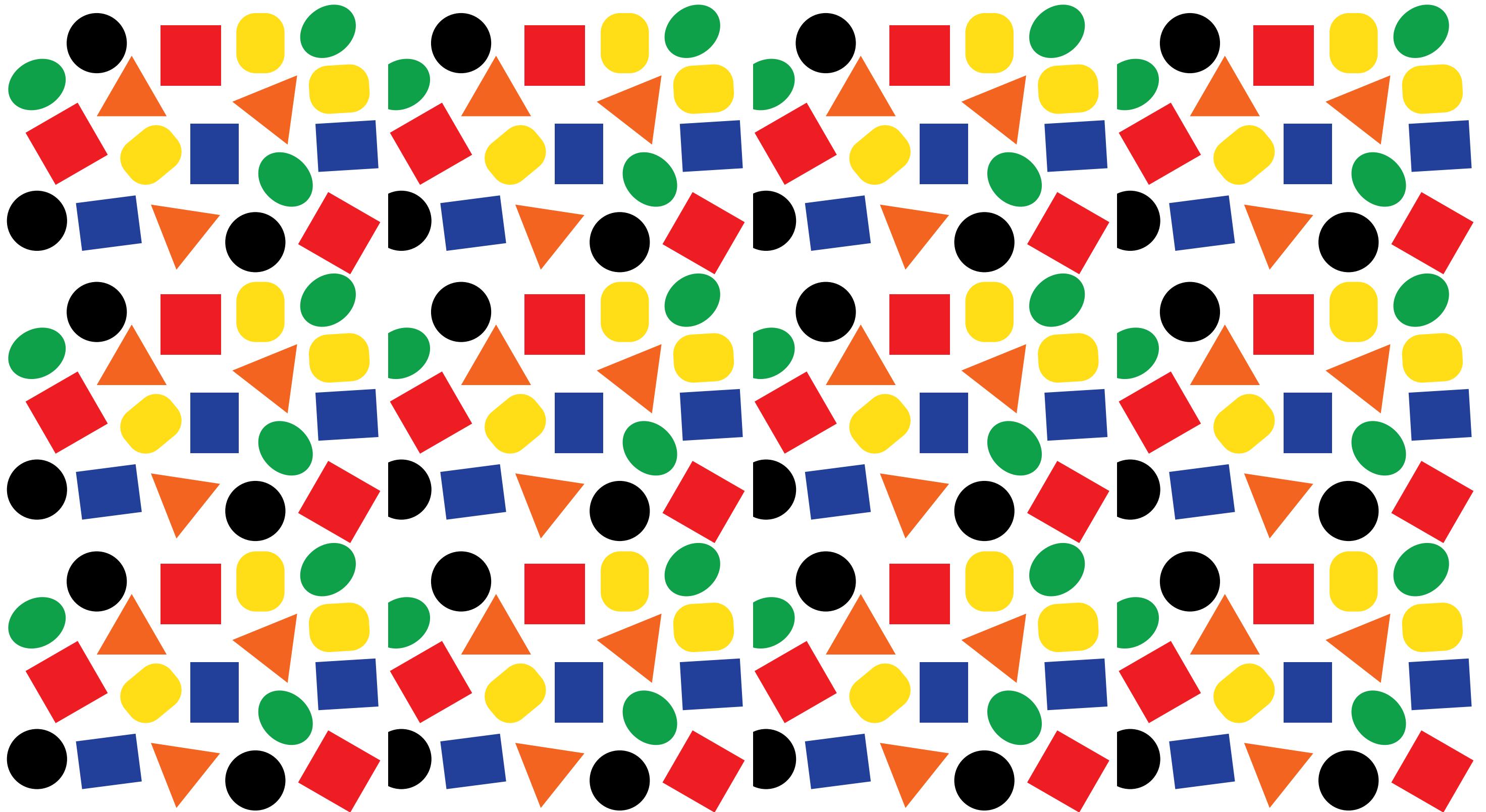
+1 extras
+2 social

you could let your group members know that it'll take longer than expected for you to do your part, but you don't want to seem unreliable. you stay up late to work on the project.

+1 school
+2 stress

you feel like you've been consistently passing up on social engagements because you feel too busy. your friends might be frustrated with you for that.

+2 stress



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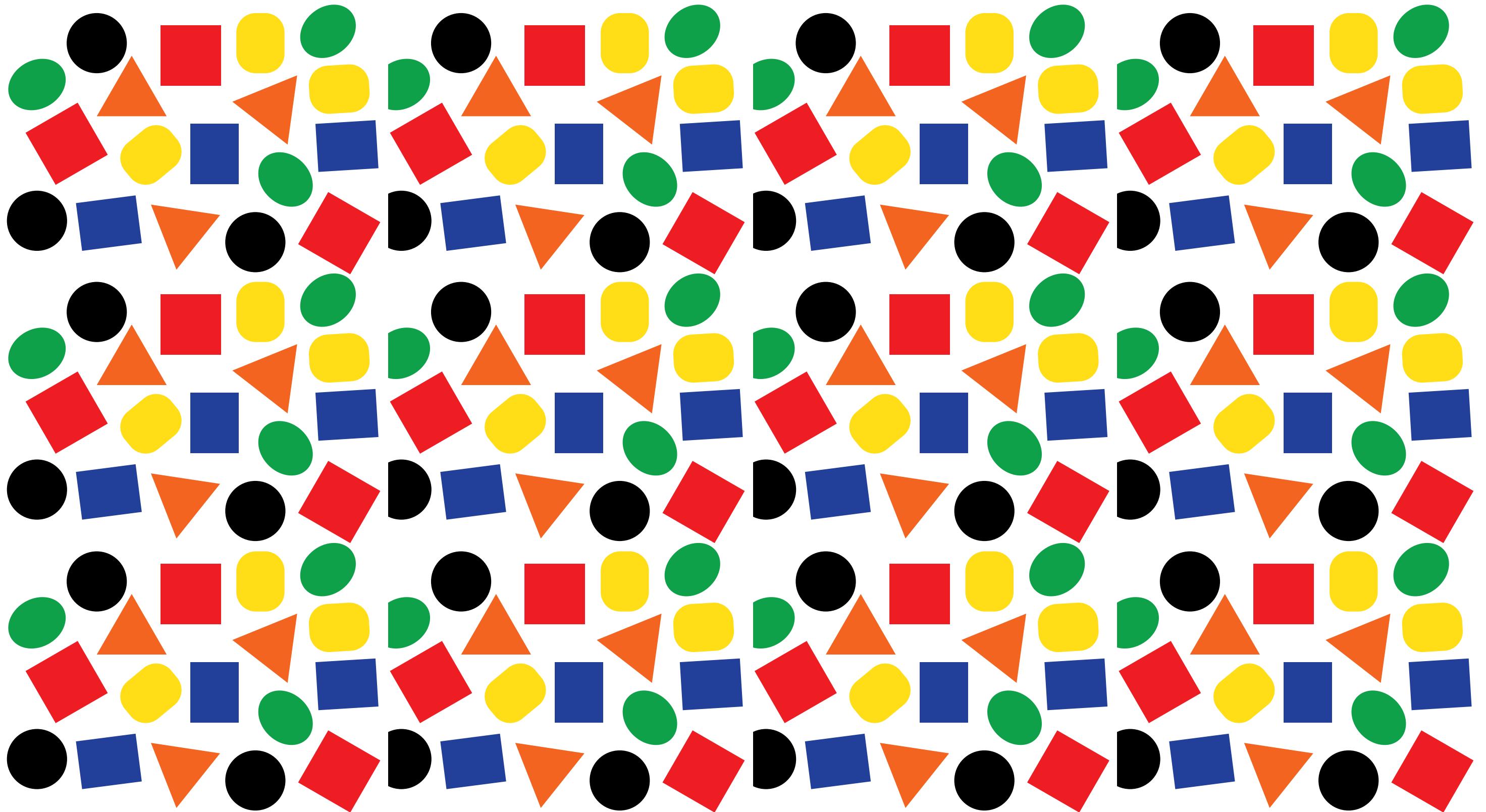
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you're hungry, but there's still so much left to do. do you take the time for a meal?

LESS THAN 7 TOKENS:

+1 **health**
+1 **stress**

7 OR MORE TOKENS:

+3 **stress**

you should update your portfolio before sending in this job application, but if you take too long, you might miss the deadline anyway.

LESS THAN 6 TOKENS:

+3 **career**

6 OR MORE TOKENS:

+3 **stress**

this class is pretty tough... just going to lecture and doing the homework won't be enough for you to understand the material.

LESS THAN 6 TOKENS:

+3 **school**
+1 **stress**

6 OR MORE TOKENS:

+1 **school**
+3 **stress**

you're hungry, but there's still so much left to do. do you take the time for a meal?

LESS THAN 7 TOKENS:

+1 **health**
+1 **stress**

7 OR MORE TOKENS:

+3 **stress**

you could go pick up your meds, but your board game project is due tomorrow...

PICK UP YOUR MEDS:

+1 **health**
+3 **stress**

WORK ON YOUR PROJECT:

+2 **school**
+1 **stress**

you're sick. your professor gives you the option of taking the final online or getting an incomplete in the course, which would mean taking the final next quarter or next year. you're graduating in two quarters. there really isn't a choice.

+3 **stress**
+1 **school**

you promised your friend you'd see their performance tonight, but you also have your midterm tomorrow.

SEE YOUR FRIEND:

+1 **social**
+2 **stress**

STUDY FOR YOUR MIDTERM:

+2 **school**
+2 **stress**

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SEE YOUR FRIEND:

+1 **social**
+2 **stress**

STUDY FOR YOUR MIDTERM:

+2 **school**
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wahoo! you've earned yourself a Leadership position in your club! you want to prioritize this.

LESS THAN 5 TOKENS:

+3 **extras**

5 OR MORE TOKENS:

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