

Candidate 2 evidence

Part 1 – Everyday Life

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Read the task below and write your answer on the lined answer sheets below and on page 03.

You write a popular lifestyle blog every week. This week your topic is having a balance between work/study commitments and leisure time. Write your blog post.

You should cover some or all of the following:

- prioritising tasks/setting goals
- setting boundaries
- screen time
- wellbeing
- time for friends and family.

You may also add your own ideas.

You should write approximately 250–300 words.

Do you struggle finding the right balance between work, study and other life commitments. Today we will look at ways that you could do all and enjoy life. Firstly, managing your time is the key ^{to} ~~in order~~ to achieve your goals. For example I would make all ~~the~~ plans my plans week ahead and stick to them. This includes setting boundaries so if your friends invite you for a party on a week days or your sister asked you to babysit on your only day off, you will have to be able to say no.

This might make you look like your selfish, but setting that boundaries is very important.

✱ Prioritising tasks and following the plans you have set will result in reaching your goals as well as having time for yourself ~~and~~ and that will have beneficial impact on your well-being.

Don't worry I haven't forgotten the biggest elephant in the room, that phones. If the ~~time~~ ~~of~~ time ~~you~~ spent on your phone is not managed it will lead to great deal of stress and time wasted. Not to mention how great phones are when is used the right way, such as to use for study.

Finally, I would suggest that our well-being is very important so as well as focusing in your life goals don't your health for granted. Find the time for yourself, even is is taking walk down the park.

until next time I hope you all have productive and peaceful life.