**I need help to write 2 paragraphs answering most of these questions**

Are you speaking your intentions? What do you think you are entitled to? What do you think you deserve? Do you think you have the right to live your best life? Are you showing up to life? If so, what evidence do you have that you are showing up to live?

**And then, I need one paragraph response to this classmate post:**

I firmly believe that overworking yourself does as much damage as working too little does. For example, when it comes to school, I believed that if I did not spend several hours studying without taking any breaks in between, I would not retain any information and fail all my quizzes and tests. This mindset changed when I got to college. It turns out that studying for long periods of time without any type of break doesn't help the brain retain the information as effectively. Breaking up the study time into intervals with breaks in between is what really makes information stick in the brain, since the brain can only retain so much in a certain period of time. Simplifying my studying habits produced better results than studying for hours straight, therefore that is why I truly believe that doing "less" can get you more.

Overworking yourself can easily burn you out. Once we burn out, we become less motivated and get ourselves into a deeper hole. We create more work than what is actually necessary for ourselves, because we believe that if we are not feeling exhausted by the end of the day we have not done enough, therefore getting less results. This is an extremely unhealthy mindset. According to LaPorte (2014), "At some point you're going to think to yourself, "I don't want to work this hard to get what I want." ... It will be epiphanic and very grown-up of you. It will be part of becoming more conscious and more aware that the hard work that we're obsessed with as a culture is overrated" (p. 127). Certain things are meant to work out, and some are not meant to. If we overthink and overdo, it pushes us back further than it should. Life truly does not have to be as hard as many people make it, as there is always something we can do to simplify tasks to make life easier for us.