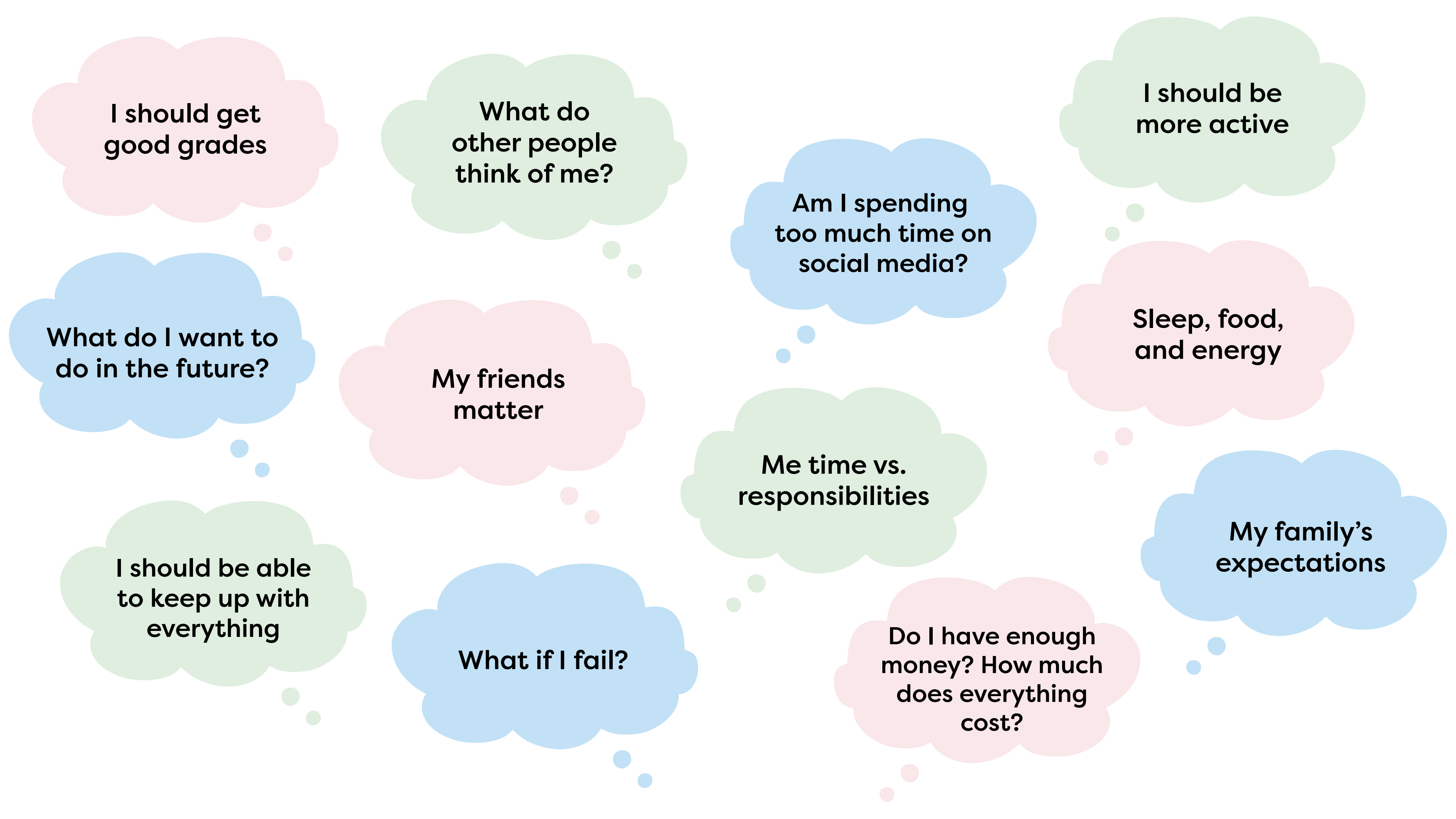




I should get
good grades

What do
other people
think of me?

I should be
more active

What do I want to
do in the future?

Am I spending
too much time on
social media?

Sleep, food,
and energy

My friends
matter

Me time vs.
responsibilities

I should be able
to keep up with
everything

What if I fail?

Do I have enough
money? How much
does everything
cost?

My family's
expectations