



HOW TO BALANCE WORK AND PLAY

- What are your short-term goals (for the next year)?

- What are your long-term goals (after this year)?

- How long has it been since you've taken a vacation?

- What was the last "fun" thing you did? (And no, taxes aren't fun.)

- What was the last "successful professional" thing you did? (And no, having sex with a college professor isn't a suc-sex-ful professor-nal thing.)

- How long has it been since you've talked to:

Your significant other? _____

Your parental figure? _____

Your best friend? _____

That medium-sized unknown animal you sometimes talk to late at night?

- What's your emotional state right now?

WELL, HEY, you filled out this worksheet! That's something! **HIGH-FIVE!**



□ WORKSHEET □

HOW TO HANG OUT BY YOURSELF

HOUR ONE CHECK-IN

1. Have you done anything productive? If so, what?

2. What social media sites have you been on and what were you doing?

3. How are you feeling emotionally and physically?

HOUR TWO CHECK-IN

1. Have you done anything productive? If so, what?

2. What social media sites have you been on and what were you doing?

3. How are you feeling emotionally and physically?

HOUR THREE CHECK-IN

1. Have you done anything productive? If so, what?

2. What social media sites have you been on and what were you doing?

3. How are you feeling emotionally?

HOUR FOUR CHECK-IN

1. Get off social media. This is not a question, this is a command.

2. Seriously, you've Internet-stalked that person enough. You're done.

3. **OMG SRSLY STOP.**



HOW TO ASK SOMEONE OUT

List three of the **WORST** possible outcomes for the situation (for example, you're bold and decide to wear white pants and your bowels are also bold and decide to make an unanticipated appearance outside your body):

1. _____

2. _____

3. _____

List three of the **WORST** things that have ever happened to you in your whole life:

1. _____

2. _____

3. _____

Whoa, that's some terrible stuff. Sorry, dude.

List three of the **WORST** things that have happened in the history of the world (feel free to Google search):

1. _____

2. _____

3. _____

YIKES! OUR WORLD IS MESSED UP.

Now asking someone out doesn't seem so bad, right?
If it still sounds terrifying, I drew this picture for you



CHECKLIST



THINGS TO BRING ON A DATE

1. **ID.** If you get roofied, you'll want people to be able to identify you.
2. **Cell phone (fully charged).** It can be used to text friends to get you out of there/as a mirror for food-in-teeth situations/overall friend if you get stood up.
3. **Tampons.** Just always have these with you, especially if you're one of those "adventurous types" who wears white pants (god bless).
4. **Lipstick.** This can double as blush! How quaint!
Or as fake blood if you really need to fake an emergency.
5. **Money/payment options.** You're not a damsel in distress, you're a damsel in dis dress **THAT YOU PAID FOR** (but if they really want to pay, just let them, don't make it weird).
6. **Mouth-freshening devices.** It's gross to kiss someone who tastes like Alfredo sauce.
7. **Meds.** For weird stomachs/anxiety/headaches/whatever your body system might scream for.
8. **Backup underwear.** This sounds scandalous, but you **NEVER KNOW**, so always be prepared.
9. **Deodorant.** Bring this everywhere all the time.
10. **Confidence.** Or at least a false sense of it.



□ MAD LIBS □

WALK OF SHAME

Here's what happened: It was a regular night out at my favorite bar, _____,
[name of bar]

you know, the place that had that _____ scare that one time? That place.
[animal]

But right when I was about to get my _____ and my _____, my
[food] [food]

classic order, I was abducted by _____ and taken to _____,
[plural noun] [city/country/planet]

where I was _____. The worst part of it was that they drove
[verb past tense]

a _____. Hello, it's not _____! Inside the _____, I met the leader of
[vehicle] [year] [type of building]

the _____. _____ But everyone called _____
[plural noun] [name] [he/she/it] [nickname]

_____ was very _____ and I couldn't help but _____ at
[he/she/it] [adjective] [verb]

_____ because it smelled like _____. Also _____
[his/her/its] [body part] [adjective] [he/she/it]

had a very visible tramp stamp of a _____. _____ gave
[tattoo] [adjective] [he/she/it]

me a specific _____ and told me I must protect it or risk my _____.
[noun] [noun]

They clearly don't know about how I lost _____'s _____. Woof.
[name] [noun]

But just when I thought they were going to _____ me, _____ ran
[verb] [name]

into the room and _____ me. We _____ all the way back
[verb past tense] [verb past tense]

to _____ until we found a _____ diner named _____ and
[city/state/planet] [adjective] [noun]

had _____ _____ shots. I don't remember much else
[number] [adjective + animal name]

about the night, but I owe my _____ to _____ and my virginity.
[noun] [name]

□ WORKSHEET □

HOW TO SURVIVE A BREAKUP



DRAW YOUR EX.

**DRAW YOUR EX WITH A PENIS
ON HIS/HER FOREHEAD.**

**DRAW YOUR EX WITH SCROTUMS
FOR ARMS AND LEGS.**

**DRAW YOUR EX WITH A CHICKEN
STUCK IN HIS/HER BUTT.**

DO YOU FEEL ANY BETTER?!?