

WHAT TO DO ABOUT BOREDOM

Ever get bored? Surely not you. You get bored sometimes? Well, we need to put a stop to that. Ultimately boredom is a state of mind that we are in control of. In many respects it is the result of self-centeredness and a little lack of character. So we're going to see if we can fix that a little.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

1. Think up five projects that you would like to achieve. Make them a mixture of short and long term projects. Some easy to achieve, some a little more involved. But make sure they are all ultimately achievable
2. Write three activities you can do next time you are feeling bored.
3. List three acts of charity and kindness that you can offer to people or the community around you.

LEVEL H

PERIOD 5

TASK 4

1. It's hard to be bored when you are driven to achieve something. Think about it. Every time you're in the middle of creating something, were you bored? Or were you full of that bubbling excitement of striving to achieve something awesome? That tells me one cure for boredom is to have goals or projects that you are striving to achieve.

2. Boredom comes when your mind is unchallenged. You have the greatest super computer known to mankind sitting on your shoulders and it's sitting dormant with nothing to process. Getting that thing running is another key to killing boredom.

3. Boredom is all about self. I'm bored. I want to be entertained. I want someone to do something exciting for me. Well, turn that around. Do something for someone else. Stop looking inside and coming up blank. Look outside yourself to be a blessing and help to others. Start making the world a better place. Throw away that self-centeredness and get other-centered.



There is no reason to be bored. I personally don't get bored, because I have so many challenges and projects that I am working on. I simply don't have time to be bored, and you are no different from me ... except, of course, I'm a bear.