

CODEPENDENTS: LEARN TO SAY, “NO!”

Going to college, there are a lot of opportunities for committees, organizations, volunteering, doing things with/for new friends etc. While all of these options are great, do not over-schedule yourself or set yourself up for burn out!

- Let yourself be the master of your destiny
- It's okay to disappoint someone in order to take time for yourself.
- Have balance in your everyday life (what you need to do vs. want to do).
- Don't base your achievements on how you can please others.
- Stop being a doormat for your friends, roommate, and family members. Address people in an assertive way to let them know you are in charge of YOU and YOU only.