6 **Complete the text with the words from the box. Put them into the correct tense form.**

• to quit • to enjoy • to plan • to rejoin • to keep • to think • to explain • to take up • to feel (x2) • to join • to take • to improve •

Too Much of a Good Thing?

Once you **(1)** ..... an activity, you have **(2)** ..... it. You mustn't **(3)** ..... stressed. It's important **(4)** ..... a balance between schoolwork, after-school activities, and your health. If you **(5)** ..... a club and need **(6)** ..... for any reason, **(7)** ..... with the teacher or coach. Be direct and polite and **(8)** ..... your situation and feelings. Sometimes it's just not the right choice for you or it **(9)** ..... too much of your time. Perhaps you have **(10)** ..... your schedule better, **(11)** ..... your marks in some of the school subjects and **(12)** ..... later. Saying "no" can be the most responsible thing to do.