

Mia: I feel like dance has been totally **front and center** in my life lately. Between rehearsals, school, and trying to have a social life, I'm exhausted.

Ava: Yeah, but at least you're getting to **build memories with** people you actually care about instead of just wasting time online.

Mia: True. And honestly, my dance team makes me **feel seen** in a way school doesn't sometimes.

Ava: Maybe that's because you've kind of **outgrown** some of your old friends.

Mia: Honestly? Probably. Some of them still act so immature.

Ava: My parents always **root me on** when I start doubting myself, though. That helps a lot.

Mia: That's nice. My mom keeps noticing what **leaves me feeling depleted**, even before I notice it myself.

Ava: Are you even **aware of** how much pressure you put on yourself?

Mia: Not really until someone points it out.

Ava: My art teacher said one **influential person** can completely change how you see yourself, and I think she's right.

Mia: Yeah. I have so many **goals** right now, but sometimes they all blur together.

Ava: Then maybe just **take the next step towards them** instead of planning everything perfectly.

Mia: The thing is, I've already made **a bunch of plans**. I just never stick to them.

Ava: Maybe because you're trying to do too much at once.

Mia: Probably. I've also been trying to **deepen a connection with** my brother lately, and that takes energy too.

Ava: Relationships take work. You actually have to **stick with a plan** if you want people to trust you.

Mia: I mean, I'd say I'm **a determined person** overall.

Ava: Oh, definitely. When you care about something, you seriously **follow your goals with determination**.

Mia: Which is also why I keep **burning the candle at both ends**.

Ava: Okay, this is your reminder to sleep more than four hours tonight.

Mia: I know, I know. This is not sustainable.

Ava: Seriously, don't let stress **run the show** all the time.