



Answers:

Look, I am no Mother Teresa. I have my flaws. I wish I could just click my heels--and voila-- I'd be a better person. However, I can't. And my achilles heel when it comes to self-improvement is video games. Sometimes--with all the stress I have--I feel like I am carrying the world on my shoulders. And my escape from stress is a good video game: Spiderman, Minecraft, anything. In fact, If I don't have any free time to play video games I become a real Scrooge. I know that I need better methods to deal with stress. There is no golden ticket to doing this. Video games are my kryptonite--and I must take the necessary steps to build better habits. It is going to take a herculean effort, I know. I plan on doing this by replacing my video game playing with exercise. This should get me back on the straight and narrow. I believe daily exercise will help boost my self-esteem and mood, and not lead me into the temptation of playing video games.