

My life requires focus. I've set goals that I'm determined to reach. I know underage drinking only harms my chances of achieving those goals.

Alcohol is a depressant, which means it can cause my brain to slow down. It can also interfere with my brain's executive functions. Executive functions make problem-solving, self-control, goal setting and focus possible. When alcohol affects these brain functions, it's way harder to accomplish the things I've set out to do.

My goals deserve my focus. That's why my life design doesn't include underage drinking.

#### Goal-Setting Tips:

- **Be specific.** Know exactly what goal you want to set, like "Get a B or above in every class."
- **Be realistic.** It's great to dream big but think of goals like steps. You want lots of realistic, smaller steps so that you can reach the bigger dreams.
- **Be patient with yourself.** You don't reach your goals overnight. They take time, and often some failures along the way too.

Source: [sciencenewsforstudents.org/article/alcohol-can-rewire-teenage-brain](http://sciencenewsforstudents.org/article/alcohol-can-rewire-teenage-brain)



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