



PURPOSE OF GROUP: to explore what it means to live a balanced life
to identify goals

MATERIALS NEEDED: pens/pencils for each group member
piece of paper for each group member
colored pencils/markers (optional)

1.

-Facilitator can open group by asking group members the following questions:

- What does it mean to live a balanced life?
- Is it possible to achieve balance in this fast-paced, hectic world that we live in?

For facilitator to discuss afterwards:

-Living **a balanced life means different things to different people.**

-For example, one person might find balance by focusing on spirituality, family, & their health. Another person might find balance by focusing on their social life, recreation, & work

-The important thing is to find which components of life that you value the most and to invest a proper amount of time in each of them

- a. You have to ask yourself, "What should I prioritize?" and, "What sacrifices must I make?"

-The good news is that it *is* possible to achieve balance!

-You may not be able to "do it all", but you can determine the things in life that are most important to you and dedicate your time & energy to these things

-Focus on whatever you love and are passionate about, and eliminate the things that do not bring you any joy (i.e. the things that cause you stress!)

a. For example, if you value exercise but hate running, then ditch the treadmill and find something else!

2. Group members will now participate in an activity in which they will explore what a balanced life means to them.

*Give them pens/pencils and paper. You can give them colored pencils/markers, too

*First, ask them to think of areas in life that they value

-Examples: work, social life, family, relationships, health, spirituality, money, personal growth, self-care, recreation, mental health, love, etc.

-They can think of anything they want. We all value different things!

*Then, ask them to draw a big circle in the middle of the paper. They will break the circle up into “slices” (like a pie chart)- each “slice” should be labeled with an area in life that they value

*If they want, they can assign each “slice” a percentage and draw it proportionate to the quantity it represents

*Within each “slice”, group members should write what that area in life represents to them

-For example, if one “slice” says “recreation”, one might write: travel, hike, sports, & guitar lessons

*When they’re done, allow group members to share their circle

2a. Ask group members to evaluate their circle, and ask them the following questions:

-Do you feel you are living a balanced life? Why or why not?

-Which areas have you been neglecting the most?

-What changes could you make to live a more balanced life?

-Why is it important to find balance?

3. Facilitator can conclude group by providing tips on finding & maintaining balance:

-Make life fun!

a. As mentioned earlier, do things you enjoy & eliminate the things that bring you down!

b. For example, if you love music, go to more concerts, learn how to play an instrument, listen to music at least 30 minutes a day, etc.

c. Don’t be afraid to take risks & try something new!

*You can ask group members, “How can you make life more fun?”

-Get organized

- a. If you're organized, you are less stressed, and you can think more clearly!
- b. Staying organized might make it easier for you to **fit some fun activities into your busy schedule**
- c. Consider following a routine that will reinforce healthy habits

-Set goals that are realistic/reasonable

- a. Don't be too hard on yourself if you don't meet a goal... sometimes, we have to be flexible & adjust to certain circumstances
- b. Be sure to take time to reflect. From time-to-time, ask yourself, "What could I do to bring more balance into my life?"

-Don't take on more than you can handle

- a. It's okay to say "No!" when you're feeling overwhelmed or putting things over your own wellbeing
- b. Ask for help when you need it

-Practice self-care

- a. Find time for rest & relaxation- do something nice for yourself once a week!
*You can ask group members, "What is one thing you can do for yourself this week?"

-“Unplug” once in a while...

- a. Don't be glued to your phone!
- b. Cut back on Facebook, Twitter, Instagram, Snapchat, etc. (at least a little bit!)

*You can ask group members for more tips on finding & maintaining balance