

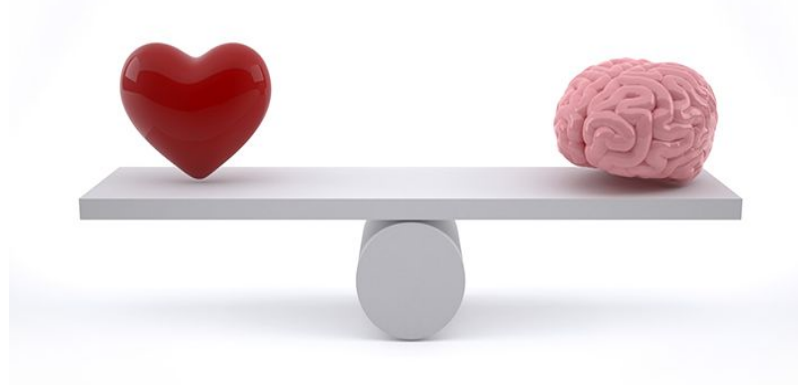
**Balance isn't something you find
It's something that you create**



What is BALANCE:

Balance is a dynamic thing – it needs feedback from our senses. During adolescence CHANGE is guaranteed. Balance requires consistent assessing and adjusting knowing that losing your balance is inevitable. This is part of growth.

Living a balanced life means **determining what is most important to you** and spending your time and energy accordingly. Balancing what you want to do with things you need to do.



List of Values

Draw a circle around 8 values that are IMPORTANT to you. Of those values, draw a second circle around 4 that are VERY important to you. Draw a third circle around the 2 MOST important to you right now.

Kindness	Integrity	Acceptance
Hard Work	Gratitude	Honesty
Responsibility	Open-Mindedness	Learning/Knowledge
Trust	Empathy	Leadership
Respect	Family/Community	Curiosity
Perseverance/Grit	Authenticity	Loyalty
Faith/Spirituality	Growth	Generosity
Justice	Success	Physical Health/Activity
Independence	Emotional Health	Nature