



### WHAT MATTERS TO YOU



Today we learned about life balance. Having balance does not mean equality, as in each thing such as work, family, and recreation getting the same amount of your attention. Rather, it means knowing what's most important to you and doing the best you can to reflect that in how you live.

Balancing your lifestyle is aligning what you do with what's important to you. It gives you the ability to achieve optimal health and happiness, and maintain it long-term.

Your child used a Values Circle Chart to explore how he or she creates a lifestyle that supports his or her values, and how that lifestyle is satisfying, achievable and maintainable.

### AT HOME ACTIVITY



Practicing gratitude (being thankful) is a way to bring more balance into your life. It helps you celebrate and focus on what's good in your life, and also helps bring clarity about what's really important to you.

Author Melody Beattie has this to say about it: "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Try this to see what practicing gratitude does in your life: Each day for one week identify at least one thing that you appreciate. It can be first thing when you get up in the morning, right before bed, at a meal, or in a quiet moment alone. Give silent or out loud thanks for that goodness. What do you notice about how this feels? What does it do to your thinking?



### BE A GOOD NEIGHBOR

Getting involved in your neighborhood is a great way to meet new people, make your community a better place to live and promote healthy, active, living. Try asking a few neighbors to help you organize a clean-up day, neighborhood picnic or group activity such as a kick-ball game.