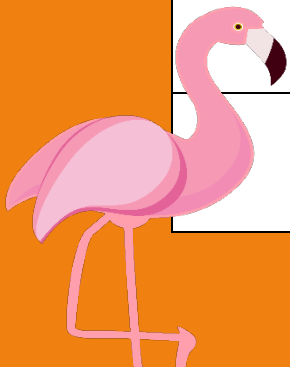


Challenge 5: Living a balanced life

Balance between things that give you energy and things that take energy

Fill in the table below with activities of your daily life. Think about your study, work, family, friends, sports, hobbies, social media etc. Make the list as concrete as possible. For example, don't write under *This takes energy*: my study, but name specific aspects of your study which take a lot of energy from you. It might be the amount of time you spend studying or you might not enjoy studying. There might be some aspects of your study which do give you energy. For example, the satisfaction you feel when you've learned something new.

This gives me energy	This takes energy from me



Look at the table carefully. Are the activities that give and take energy balanced? If they aren't, it's important to make some changes. Choose at least one thing from the right column that you want to change and think of a solution. Write down the solution below.

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Tips to help you connect with those around you!

Ask each other questions

Spend time with a friend or family member. Enjoy some food and drinks. Before seeing each other, set the intention to get to know each other better through questions. When you are together, take turns in asking these questions.

- What was the best thing you experienced last week?
- What is your favorite movie?
- How often have you moved?
- If you had to get rid of all your things, but there was 1 thing you could keep, what would it be?
- Do you allow yourself to make mistakes?
- Which animal do you resemble most and why?
- Do you ever feel lonely?
- What would be the first thing you do when you win the lottery?
- What is the biggest challenge you succeeded in?
- If you could change 1 thing about yourself, what would it be?
- Do you have an anecdote about yourself which not a lot of people know about?
- What is your biggest fear?
- Which famous person would you want to talk to?
- What do you do when you are sad?
- How can I help you when you don't feel happy?
- How would you support someone when you notice they are not doing well?



Tip: Check online or in a bookshop for more conversation questions. These questions can lead to pleasant and honest conversations.