



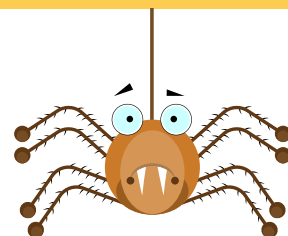
**“EXCESSIVE SORROW LAUGHS.
EXCESSIVE JOY WEEPS.”**

- William Blake

**“TO GO TO ANY EXTREME IS
TO LIMIT ONESELF.”**

- Marty Rubin

IS IT BETTER TO EAT ONE SPIDER OR TWO?



The right answer? NONE! There are some things that should register a zero on your “Moderation Scale” because they are not good for you in any amount! Eating things that could poison you and make you sick should always be off the menu. Cigarettes, alcohol, marijuana, and looking at bad images online fall into this category too. That’s because they can be addictive – they take control of your natural ability to limit their use – and then you’re no longer healthy and free!

There are many things that are BAD for us, even in moderation. Can you think of five of those things?

1. _____
2. _____
3. _____
4. _____
5. _____



corelife
BUILD YOURSELF STRONG

Everything in MODERATION

MOD•ER•A•TION

**(noun) Staying safely away from
excesses or extremes.**

Everyone likes things that are good. But is it possible to get too much of a good thing? You bet it is. And when that happens, even a good thing can become ordinary or bland. But you can practice moderation in all things. When you do that, you help keep the good things – extraordinary!





CAN YOU GET TOO MUCH CHOCOLATE ICE CREAM?

Overdoing doesn't really make a good thing better. What if you had a scoop of chocolate ice cream for breakfast, and another one at lunch, one for an afternoon snack, another scoop at dinner and one for dessert! And you did that every day for a week. It wouldn't be long before you would hate chocolate ice cream. It would become a chore to eat it. This is an extreme story, but the point is, there are limits of when too much of a good thing is really too much. Finding those limits – finding just the right balance of good things in your day – will keep you happy and loving your favorite things for a lifetime!

"No" Yourself

It's good to keep in mind the difference between needs and wants. You need food and water to survive. You need a good night's sleep. But do you really need an extra hour of video games? Or that bag of Skittles? Or a vacation? Those are definitely nice to have. But unless your life depends on it, they probably fall in the category of wants. The things you want are what you can practice doing without. It's exercise. Practice saying "No" to yourself from time to time for the things you want. This is the beginning of self-control which gives you total freedom. People who never learn to say "No" to TV, or a second piece of cake, or buying another pair of shoes can become slaves to material things, gain too much weight, or become selfish. Saying "No" on occasion is your key to staying healthier and free!



Balancing Act

There are so many good things to enjoy in life: food, exercise, talking, money, shopping, time spent online or texting, television, and on and on. The key to moderation is to recognize those things that really have a pull on you – and enjoy them from time to time! BUT if you start to feel obsessed with any one thing, (when a want starts feeling like a need) that's your signal to limit that in your life. One solution might be to mix it up. Try new things. If all you want to do is sit in front of the TV – decide to do something else for an hour instead: take a walk, read a book, call a friend, or even ask your mom or dad if you can help make dinner. Create balance by choosing variety and see how much happier life is.

Work Before Play

All work and no play is not good. And, as you probably know, all play and no work is not very good either. A simple way to exercise "Moderation" in your life is to always remember: work before play. This keeps you strong. It ensures that you keep the balance and self-control you're striving for. It's better to get that homework done *before* going out to play. It makes your play more enjoyable and saves hassle later! Maybe that's why they say, "Work Hard. Play Hard." And not the other way around.

Exercise

Complete the following list.

MY FAVORITE THINGS TO DO

Watch TV

GOOD THINGS I COULD DO INSTEAD

Take a walk. Teach the dog a new trick. Read a book.

Imagine

Think of something new you would really like to learn – a new language, play an instrument, paint or draw. Form a plan to teach yourself. Then make time to carry out your plan! What's stopping you? Seize the day!

