

MODERATION מְתִיבוּת



Moderation is finding a balance in all things and is crucial in healthy living. Going overboard in anything is one way that this trait is imbalanced, while depriving oneself is another. By experiencing everything in moderate amounts, one can live more wholesomely and find true balance. Moderation is acting on everything in the right time and the right amount.



Identify some of the places where you do too much or do too little. One of the things you feel you do in excess try cutting back in baby steps, what is one thing less that you could do of that thing?

Why do you do something too much or too little? What about more or less could make life more comfortable for you or those around you?



- When you look at people in the world, what do you see them doing too much of?
- What do you think people should do more of?
- What is the hardest thing about doing less of something you like to do but might not always be good for you?
- How could you support someone with moderation?



- Experiment with moderation in speech, how can you say less and listen more?
- Try moderation in actions - what activity could you do less of and make a schedule to start to cut down on it.
- Make a list of 3 things you would like to do more of and work with a partner to make at least one of those happen this month.