

Thought in Action:

BALANCE

Welcome to Thought in Action

The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Leadership Institute part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.

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Be a Black Belt Leader

Task 13: Balance Your Body, Mind, and Spirit

Lesson 13: Balance

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Bring Your Practices into Your Daily Life

Balance is your ability to find harmony within yourself and your life. People who are balanced have the ability to find equality within themselves and their lives. They eat healthfully, exercise regularly, read things that are of interest to improve themselves, get their work done on time— you get the idea. However, these people are not all work and no play. They simply have the ability to work when it is time to work and then play when it is time to play.

This means that a balanced person is able to find within themselves a way to get things done that must be while at the same time getting thing done that they just want to. You will find that balanced people are really good at staying focused on what they are doing— be it work or play. They are also especially good at time management and developing systems of remembering what they are supposed to be doing and when.

The Yin and Yang of Balance

Let's look at being balanced in every aspect of your self— meaning your body your mind, and your spirit.

Having a balanced body first of all obviously means that you are able to have a better and better sense of balance in terms of standing up without falling down. With that said, this is achieved by being physically active. So what do you do to exercise? Next, what do you eat? Do you have a good diet— eating meats (or proteins of some other kind), fruits and vegetables, etc? It is okay to have something that just tastes good every now and again— like ice cream for example— but you need to generally eat healthful foods.

Next let's look at mental balance. To stay balanced mentally you need to constantly work on educating yourself to higher and higher levels. For work learn about the things that you have to, for fun learn about the things that you just want to. Either way, always look for chances to learn new things.

And last, let's discuss spiritual balance. To do this you may wish to pursue whatever your spiritual beliefs are, depending upon what you feel is most appropriate for you. The big idea in terms of finding balance here is to be able to first become emotionally balanced. Do you allow your emotions to control you, or do you acknowledge them and then deal with them appropriately? Do you accept personal responsibility for your actions with honesty and humility? Next, are you able to think of things in a win— win way? This means that you are not selfish, but you also do not just give in all the time— you look for outcomes that are the best possible for everybody involved.

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Task 11: Finding Balance Within Yourself

Your task for this testing cycle is to write down how you are working on being balanced in the following ways:

Physical Balance: What kind of things do you eat and what kind of exercise do you get on a daily basis?

Mental Balance: What are you learning about right now for work and for fun?

Spiritual Balance: How good are you at looking at how you feel and dealing with these feeling appropriately? How good are you are finding balance in every situation?

When you finish, show this list to your instructor for your gold tip!

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Goal 13: Balance in Action

My Target Date For My Next Belt Is

_____ month _____ year.

My Black Belt Target Date Is

_____ month _____ year.

Now it is time to set a goal for yourself outside of the Martial Arts Class. As the topic of this rank is Balance, set a goal to display high self balance in and out of class. So how do you display balance? What if you do your absolute best at everything you do this cycle. It doesn't matter if you like what you are doing or not– what effect does doing your best have on everything? Write down something that you did your best at and how your performance improved because of your new higher effort and balance.

My Goal is to be Honest with _____

Dear Parents and Teachers,

It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and /or at school.

Students Name: _____

Teachers:

- 1) How well do you feel this student seems to be honest to him/her self and others? Excellent Good Average Poor
- 2) Please rate this students effort to develop better balance
Excellent Good Average Poor

Comments: _____

Parents:

- 1) Do you feel that your son/daughter has shown improvement in attempting to his or her best? Yes No

Comments: _____

Checklist for Belt Promotion

- 1) Have you completed your Task (List of ways to become balanced)
- 2) Have you improved your level of balance everywhere? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Have you paid your Graduation Fee(s)?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Shifu Petrush or Master Croley to earn your gold tip for your belt.

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