

# Hack 06



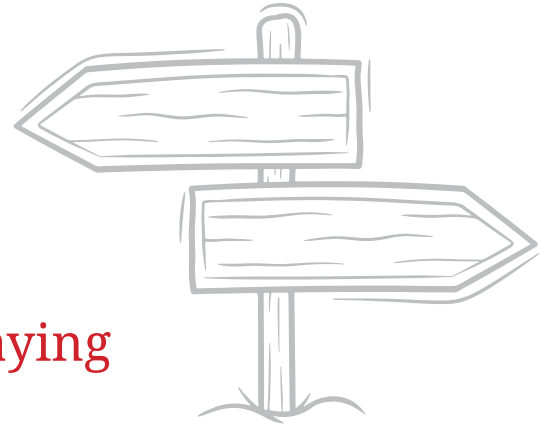
## BALANCE

“

A true triumph lies in mastering  
life's balance amidst the relentless  
push and pull of human nature

”

(Y.B)



## Have you ever heard the saying “all or nothing”?

Lots of us slip into it without even realising. It’s the idea that we either have to be perfect- ALL, or, if we can’t manage that, we give up completely- NOTHING. The temptation to live at either extreme can feel strong. But here’s the truth: both extremes usually leave you feeling stressed, frustrated, or empty.

A successful young person doesn’t swing to either side. They don’t get stuck chasing impossible perfection, and they don’t hide behind an “I don’t care” mask either. Instead, they learn how to live with balance, caring, trying, and growing without the crushing pressure of needing to be perfect.

### ✘ THE PERFECTIONIST

The perfectionist wants everything to be the best: perfect work, perfect behaviour, perfect image. For them, only “perfect” is good enough, and anything less feels like failure. Even when they succeed, they usually find a way to criticise themselves and instead of enjoying the progress they’ve made, they feel constant pressure and stress.

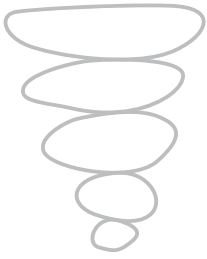
### ✘ I DON’T CARE

The opposite extreme is pretending not to care at all. These are the people who hide behind a shrug and say, “Whatever”. They avoid effort, give up easily, or act like it doesn’t matter, but often it does. The problem is obvious: without effort, there’s no growth. And deep down, the “I don’t care” approach usually leaves people unfulfilled and frustrated with themselves.

(See Hack 7: I.C.B.B. for more on the downsides of this attitude)

### ✔ THE BALANCED TEEN

Balance sits in the middle. The balanced teen aims high, but doesn’t demand perfection. They care and put in effort, and when things don’t go to plan they may feel disappointed, but they don’t fall apart. They see mistakes as part of the journey, not proof that they’re a failure. And because of this, they’re calmer, more motivated, and often more successful in the long run.



**Task:** 

**Do you tend to be more of a perfectionist or an ‘I don’t care’ person in different areas of your life?**

Give one example of when this mindset helped you and one example of when it didn’t.



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Now that you have a general idea of what these two extremes and the balanced middle way look like, let’s get a little more specific. There are four important areas of life on which we should focus, where teens are most likely to stumble into the all-or-nothing pitfall.

**These areas are:**

- 1.** School / Learning
- 2.** Wrongdoing / Sin
- 3.** Body image / Health
- 4.** Organisation / Hygiene

As you read through each of the four areas, see if you recognise yourself in either of the extremes or whether you fall somewhere in between and have a balanced approach.

