

# CRITICAL THINKING

# BALANCE

*Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.*

1. **WHEN MIKE REFLECTS ON SOME OF THE TIMES HE FELT OUT OF BALANCE, HE MENTIONS UNHEALTHY EATING AND DRINKING HABITS AND SEVERE BACK PAIN.**

What other signs might indicate that someone's life is out of balance?  
How could you determine whether or not a physical pain is the result of imbalance?

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2. **WHEN MIKE FIRST STARTED HIS SPEAKING CAREER, HE SAID "YES" TO EVERY OPPORTUNITY HE RECEIVED, WHICH "PHYSICALLY BROKE" HIM OVER TIME.**

Has there ever been a time in your life when you realized you had said "yes" to too many asks? What made you realize that? Were you able to cut back on your workload or did you feel like you had to keep going? Explain your responses.

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3. **AFTER YOU TAKE TIME TO REFLECT AND BE REALISTIC ABOUT WHAT YOU'RE CAPABLE OF DOING, MIKE SAYS YOU THEN NEED TO RECALIBRATE.**

How would you describe what the word "recalibrate" means in this context? If you were to recalibrate right now, what would that look like for you?

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4. **AFTER YOU PIVOT AND MAKE SOME CHANGES, YOU NEED TO ENSURE YOU'RE MOVING FORWARD IN A QUALITY WAY.**

Have you ever seen someone try to move forward, but then have to stop because they didn't do so in a quality way? Describe what the person did, why they got bogged down, and how it ultimately turned out. What could they have done differently that would've helped their progress?

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5. **A FRIEND OF MIKE'S GOT RID OF ONE OF HIS BIG PROJECTS BECAUSE HE FELT THAT HE WAS "ONE PAST HAPPY," MEANING HE WANTED TO FREE UP MORE TIME TO FOCUS ON OTHER THINGS THAT MADE HIM HAPPY.**

Evaluate the ways in which you're spending your time. Is there anything in your life you could cut out to make room for something you'd enjoy more of? What would be the pros and cons of making that choice? What's stopping you from doing it?

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