

Living Authentically[♥]

IN NATURE • WITH OTHERS • FOR MYSELF

A BALANCED LIFE IS A REAL LIFE

A healthy existence is characterized by authenticity — being “in” nature, being “with” others, and being “for” oneself. All three must be integrated to be authentic.

SAME PERSON.
BRIGHTER
POSSIBILITIES.[♥]

NATURE

PEOPLE

A MORE
AUTHENTIC ME[♥]

Find
Your
Balance[♥]



BEING “IN” NATURE

I CONNECT WITH THE WORLD
AROUND ME

Nature helps me feel grounded, present, and alive. It reminds me that I am part of something bigger.

WAYS I CONNECT WITH NATURE:

- ☐ Spend time outside
- ☐ Notice the seasons
- ☐ Go for a walk
- ☐ Listen to the sounds around me
- ☐ Enjoy fresh air
- ☐ Watch the sky, trees, or water
- ☐ Garden or care for plants
- ☐ Other: _____



How does time in nature make me feel?



BEING “WITH” OTHERS

I BUILD AND NURTURE
MEANINGFUL CONNECTIONS

Being with others gives my life meaning. We grow through relationships, community, and shared experiences.

PEOPLE WHO MATTER TO ME:

- ☐ Family
- ☐ Friends
- ☐ Supportive people
- ☐ My community
- ☐ Mentors
- ☐ Pets
- ☐ Classmates/colleagues
- ☐ Other: _____



How do the people in my life support me?
How can I be more present with others?



BEING “FOR” MYSELF

I HONOR MY OWN NEEDS,
VALUES, AND GROWTH

Being for myself means I take care of my well-being, make choices that align with my values, and live in a way that feels true to who I am.

WAYS I TAKE CARE OF MYSELF:

- ☐ Set healthy boundaries
- ☐ Make time for things I enjoy
- ☐ Listen to my needs
- ☐ Practice self-compassion
- ☐ Pursue my goals and dreams
- ☐ Rest and recharge
- ☐ Be honest with myself
- ☐ Other: _____



What is one way I can show up for myself this week?

Bringing It All Together[♥]

Authenticity is not just one part — it's the integration of all three: being in nature, with others, and for myself.



When all three areas work together, I feel more grounded, connected, and true to myself.[♥]

Reflection[📝]

- 1 What is going well in each area right now?

- 2 Where do I need more balance?

- 3 What is one small step I can take to be more authentic?

My Authentic Life^{☀️}

Draw or write what an authentic life looks and feels like for you. Include nature, people, and yourself.

A balanced me is a happier me.[♥]

I am part of the world.
I am part of a community.
I am enough just as I am.[♥]

GOOD
PEOPLE
BRIGHT PLACES
BETTER DAYS[♥]

PRESENT

CONNECTED

AUTHENTIC

ENOUGH[♥]