

Social - Prioritizing Your Relationships

As iron sharpens iron, so a man sharpens the countenance of his friend. Proverbs 27:17

What is Social Balance?

Social Balance means developing and maintaining healthy relationships with those around you, creating a safe and sustainable community and supporting them both through acceptance, knowledge and service.

Factors for Consideration

On a scale of 1-5, with 1 being an area needing much improvement and 5 being an area needing no improvement, rate yourself on these aspects. These are the 'key factors' in the "goal-setting" areas of your life. If the factor does not apply to you, simply write N/A (non applicable) in this space provided. Based on your response to these factors you are now ready to further rate yourself in the Social spoke on your Wheel of Life.

- _____ friendships
- _____ community involvement
- _____ hobbies
- _____ group activities
- _____ confidence
- _____ social skills
- _____ support system
- _____ diversity
- _____ other

Strategies to enhance Social Balance

Connect and grow with others by joining a small group or Bible study

Learn to grow comfortable with yourself (i.e. traits, strengths, body)

Find a way to help meet the needs of another person (i.e. babysitting, ride to doctor, food delivery)

Find interesting events in your community to attend & invite someone

Become a mentor for a younger person through local clubs & organizations

Resolve conflict through the use of compassion & compromise

Make time to cultivate your friendships

Covenant Church Resources

Outreach Opportunities [see website for upcoming listings]

Nursing Home or Hospital Ministry

ELEMENT Singles

Usher or Greeter Ministries

Guest Services

Hospitality

Volunteer Ministry

Grand Timers

Fellowship Teams