



# The Virtues Project

## MODERATION

Moderation is creating a healthy balance in your life between work and play, rest and exercise. You don't overdo or get swept away by the things you like. You use your self-discipline to take charge of your life and your time.

You are practicing moderation when you ...

Get enough of what you need, no more, no less

Use self-discipline to stop yourself from overdoing

Take charge of your health

Balance work and play in your life

Know your own limits and set boundaries for yourself

Are content with enough

**Affirmation:**

*I am moderate. I am thankful and content to get what I need. I use my time and energy wisely. My life is balanced.*