**Playbook to Inject the Healthy Undercurrent of Balance**

*Unmet Primal Need Seed*

**My Balance Wheel**

***“Work, love and play are the great balance wheels of man’s being.” – Orison Swett Marden***

**Who:**

* Jared, with the help of his support system (mom, grandpa, uncle Joe, Rodney (YMCA Coach), Sherry (Director of Animal Shelter)

**What**:

* Work: Jared will fulfil his community service hours at the local animal shelter
* Play: Jared will participate in the local YMCA Basketball league
* Love: Jared will spend time weekly with his uncle Joe and grandpa as well as with mom

**When**:

* Work: Uncle Joe will take Jared each Saturday morning to work at the animal shelter for the next 3 months until his community service hours are fulfilled
* Play: Jared will spend each Friday evening at the YMCA (5pm – 10pm)
* Love: Wednesday evening from 6pm to bedtime

**Where**:

* Work: Paws Animal Shelter
* Play: YMCA
* Love: Home and Community

**How:**

* Work: Sherry will train Jared on how to work with the dogs (exercising the dogs, baths, etc.)
* Play: Grandpa will take Jared to the YMCA and remain onsite for the entire time. On game nights, everyone in Jared’s support system will do their best to attend his basketball games
* Love: Each Wednesday night, mom, grandpa, and uncle Joe will eat homemade pizza together and will then spend the evening doing a fun activity such as playing a board game, renting an approved movie, going to the skate park, or other mom-approved activities

Work

Love

Play