



Finding the Sweet Spot Between Self & Others

Positive psychology research shows that our well-being thrives when we balance healthy self-focus (egocentrism) with healthy other-focus (allocentrism). Let's reflect on our own balance and create strategies that fuel both vitality and connection.

Why This Balance Matters

- Too much self-focus → isolation, lack of meaning, or narcissism.
- Too much other-focus → burnout, compassion fatigue, or loss of identity.
- The sweet spot → a dynamic back-and-forth where taking care of yourself fuels your ability to give, and giving fuels your sense of purpose and joy.

Healthy Self-Focus (Egocentrism)

If we want to flourish, we have to attend to our own needs, strengths, and boundaries.

- Self-care (exercise, rest, hobbies) protects us against burnout.
- Using our signature strengths daily makes giving energizing, not draining.
- Setting healthy boundaries prevent resentment and exhaustion.

Reflection:

Where in my life do I need stronger boundaries?

Which self-care practices recharge me most right now?

Healthy Other-Focus (Allocentrism)

Giving to others is one of the strongest predictors of well-being.

- Acts of kindness and service towards others increase our life satisfaction.
- Strong relationships are built through gratitude and compassion.
- Caring about more than ourselves gives our life meaning and helps us become more resilient.

Reflection:

Where do I already give joyfully (not out of obligation)?

Who in my life benefits most when I show up energized and present?

The Balance: The Both/And Approach

When we balance the self and others, we feel happier and stronger. Let's find ways we are already doing that and where we can calibrate our lives even more.

Examples of the self–other overlap:

- Exercising (self) → more energy with loved ones (others).
- Setting boundaries (self) → giving from abundance, not obligation (others).
- Sharing passions/strengths (self) → inspiring others (others).

Reflection:

In what area of my life am I leaning too far toward self-focus or other-focus?

What is one small shift I can make this week to move toward balance?

Moving Towards the Balance

Flourishing adults don't choose between egocentrism and allocentrism. They weave them together, practicing self-care without guilt and other-care without depletion.

Action Steps

1. Identify one self-care action you'll prioritize this week.
2. Choose one joyful act of service you'll practice for someone else.
3. Write down how these two actions might fuel each other.

