

# Good and Balanced a Non-Profit

## Purposeful Pathway Program

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## History

I created Good and Balanced with a heartfelt mission to empower teenage girls and college-age women on their transformative journey of self-discovery. I developed this program because I experienced firsthand the challenges of not having someone to guide me through these valuable life lessons during my own upbringing. I struggled to find mentors who could provide the support and guidance I needed, often making decisions based on emotion rather than logic.

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My passion for helping young women navigate life's complexities led me to design The Purposeful Pathway Program, centered around the powerful concept of "Ikigai," the Japanese notion of finding one's purpose and fulfillment. I firmly believe that by understanding their Ikigai, young women can unlock their full potential and build a life of balance and purpose.

## What is Ikigai?



At Good and Balanced, we believe that each individual possesses a unique Ikigai—a convergence of their passions, talents, contributions to the world, and the opportunities to sustain themselves. By introducing young women to Ikigai, we empower them to explore and understand the harmony that exists at the intersection of what they love, what they excel at, what the world needs, and what they can be rewarded for.

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## Our Comprehensive Approach:



We offer a range of dynamic workshops, engaging seminars, and transformative retreats designed to help young women build self-awareness and harness the power of mastermind groups. Through our carefully crafted sessions, participants gain valuable insights and

tools to navigate various life aspects:

- Self-Image: Embrace self-acceptance and develop a positive self-image that fosters confidence and resilience.
- Relationships: Cultivate meaningful connections and maintain healthy boundaries in personal and professional relationships.
- Productivity: Learn effective time management techniques and goal-setting strategies to achieve personal and academic aspirations.
- Finance: Develop financial literacy and empower young women to make informed financial decisions.
- Business and Community: Explore entrepreneurial opportunities and community involvement to create positive impact.
- Family and Spirituality: Foster meaningful connections with family while exploring and understanding personal spiritual beliefs.
- Recreation and Health: Promote self-care, physical well-being, and hobbies that bring joy and balance to life.

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## Our Innovative Approach:



The Purposeful Pathway Program leverages the power of agile games to bring concepts to life and offer hands-on experiences. These games provide practical applications of the skills learned in workshops, facilitating a deeper understanding of each participant's unique Ikigai.

## Empowerment and Connection:

Our ultimate goal is to empower young women to become confident and independent individuals, capable of navigating life's challenges with clarity and purpose. Through The Purposeful Pathway Program, participants not only identify their life's purpose but also build supportive networks to sustain their personal growth and aspirations.