

Step into Your Thriving Life

- Thriving is growing, developing, prospering & flourishing. Our definition of thriving is personal & based on our life vision, values & goals. To thrive fully, we need to consider all aspects of our health: physical, emotional, financial, spiritual, social/relational, professional/career, intellectual & environmental. Based on this definition, what would total thriving look like for you? Where am I & where do I want to be?

- Physical

- Emotional

- Financial

- Spiritual

- Social/relational

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- Professional/career

- Intellectual

- Environmental

- Spiritual

- Change involves connecting the dots. After we consider where we want to be & assess where we are currently, we need to answer HOW we will get from point A to point B.
- It's time to find solutions! Pick 2-3 areas you want to focus on & consider what must be true for you to grow & flourish in this area of life?

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- Finding Solutions! What is standing in your way? What barriers, excuses, etc are keeping you from reaching that next level of thriving?

- Common Excuse #1: Time. Stephen Covey's Quadrant of Time can help illustrate what's urgent/not urgent & important/not important. Fill out your own quadrant of time.

	<u>Urgent</u>	<u>Not Urgent</u>
<u>Important</u>	Quadrant 1: requires immediate attention	Quadrant 2: long term strategy
<u>Not Important</u>	Quadrant 3: distractions	Quadrant 4: time wasters; drains

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- Common Excuse #2: Disbelief & Fear. The voices of doubt are strongest when we are considering change. Our self talk is powerful.
- What do the voices in your head called fear & doubt say to you? Write them down & then call them out for what they are, which is FALSE!

- Common Excuse #3: “It’s too hard” OR “I don’t even know where to start.”
- Go back to those 2-3 focal areas. What seems hard about growth? What questions do you have about how to get there? Where could you find these answers, seek resources, etc?

- Human nature sees success but forgets all that we don’t see that built up to that success. Think of someone you consider to be a success. What do you think the “behind the scenes” of their life really looks like?

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- Common Excuse #4: Past experiences & identity. Experiences can teach us things but do NOT define us. Holding onto limited beliefs & identities about ourselves can also keep us stuck.
- What do you need to leave in the past? What limiting beliefs & identities about yourself need to go to allow in confidence & growth beliefs?

- Overcoming barriers & excuses involves a change of mind & heart. Our mindset determines our behavior. If we don't have "our head in the game" we will not achieve our goals.
- Our mindset is a combination of all the beliefs, thoughts, perceptions, attitudes & experiences. These can be limited or growth promoting. In order to grow, we need to unclog the blocks, quiet the naysayers (often ourselves!) & shift our thoughts & self talk.
- Your mind is powerful real estate. In order to rebuild, what needs to go?

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- You need a plan! Our life vision & values lead us to form goals.
- What is your life vision? What values are most important?

- Goals are a roadmap of focus. They hold us accountable & should be written down, specific, personal, measurable, time based & relevant to our life vision.
- Go back to the 2-3 focal areas you want to thrive in. Write a goal for each one.
- Goal #1:

- Goal #2:

- Goal #3:

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- We reach our goals through specific action plans (why, who, what, where, when, how). These include tactical processes, frequent check ins & the ability to recognize what needs adjusting.
- Consider each goal. Write a plan of action of how you will reach that goal. Be as detailed & specific as possible.

- Action Plan #1

- Action Plan #2

- Action Plan #3

- What do I enjoy?

- What energizes me?

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- What do I find easy compared to others?

- What feels effortless for me (I am in the “flow” when I am.....)

- What do others encourage in me?

- In the best seller book, “Take Back Your Time” Christy Wright lays out 5 ways to achieve better life balance. Fill these out for yourself.
- Decide what matters.

- Stop doing what doesn’t matter.

- Create a schedule that reflects what matters. How?

- Protect what matters. How will you do that?

- Be present for what matters. Where do you want to be 100% present?
