

Well Being Thriving Plan & Toolbox

- What does “thriving” look like to you?

- What would that feel like?

- Do you believe that it’s possible for you to thrive? If you have doubts, what are they?

- What areas am I currently “thriving” in?

- What areas can I improve? What area of life do I feel like I am merely “coasting” or “surviving” in? What needs to change to shift to thriving?

Well Being Thriving Plan & Toolbox

- WHY am I motivated to make changes? What is the consequence of not changing in areas where I am just “getting through?”

- Values come before goals. Goals are based on outcomes. Values determine goals, which then lead into plans.
- What values are most important to me and WHY are they important?

- Creating goals:
 - Specific, measurable & time oriented
 - Written down (accountability)
 - Long & short term goals
 - Plan for obstacles
 - What do I need to help me get there?
 - Celebrate along the way

Well Being Thriving Plan & Toolbox

Financial Thriving

- Define financial thriving for you.

- Why do you want to change?

- What is a current pain point around money?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

Well Being Thriving Plan & Toolbox

Physical Thriving

- Define physical thriving for you.

- Why do you want to change?

- What is a current pain point around your physical health?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

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Intellectual Thriving

- Define intellectual thriving for you.

- Why do you want to change?

- What is a current pain point around your intellectual health?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

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Occupational/Career Thriving

- Define occupational/career thriving for you.

- Why do you want to change?

- What is a current pain point around your career health?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

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Environmental Thriving

- Define environmental thriving for you.

- Why do you want to change?

- What is a current pain point around your environmental health?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

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Emotional Thriving

- Define emotional thriving for you.

- Why do you want to change?

- What is a current pain point around your emotional health?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

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Spiritual Thriving

- Define spiritual thriving for you.

- Why do you want to change?

- What is a current pain point around your spiritual health?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

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Social/Family/Relationship Thriving

- Define social thriving for you.

- Why do you want to change?

- What is a current pain point around your social health?

- What are the barriers to change?

- Value Statement:

- Goals:

- Action Plan

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- What are the sources of sabotage on my thriving journey?

- What shame or guilt do I need to release to move forward?

- What fears +/- or self doubt do you have around change?

- What can I change in my self talk? My beliefs?

- What soundtrack & script do I want to hear in my mind? What positive affirmations can I give myself?

Well Being Thriving Plan & Toolbox

- What energizes me?

- What drains me?

- Where am I spending my time & where do I WANT to spend my time?

- What do I want to say "yes" to? What do I want to say "no" to?

- What boundaries do I need to set? With myself, my family, work, other?
