

#2020FRPA



- Where did I struggle this year?

- How did I cope? How could I have coped in a better way?

- What was the silver lining of 2020?

How do I/can I thrive in these areas:

- Physical: _____
- Financial: _____
- Intellectual: _____
- Occupational: _____
- Spiritual: _____
- Social: _____
- Environmental: _____
- Emotional: _____

- What are my values?

- How do I live more aligned with my values?

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- What can I change with my intake?

- Where do I need to set some boundaries in my own life?

- How am I handling the obstacles in my life right now?

- How could I handle these obstacles in a healthier way?

How can I engage my _____ in health consciousness?

- Team: _____
- Department: _____
- Organization: _____
- My community: _____
- My community: _____
- What programs, collaborations and partnerships will help move my workplace and community towards better thriving?

