



Thriving – Info, Worksheet & Miracle Question

What Does Thriving Mean?

Thriving means living in a way that allows you to grow, feel fulfilled, and stay balanced in mind, body, and emotions. It's more than just 'getting by'—it's living with purpose, joy, and resilience, no matter the challenges.

Key Aspects of Thriving

- Look Like – The daily habits, routines, and choices that show you are thriving.
- Feel Like – The emotions and sensations you experience when you are thriving.
- Live Like – The lifestyle and environment that support your thriving.
- Be Like – The way you show up for yourself and others when you are thriving.

The Miracle Question

Imagine you go to sleep tonight and while you are sleeping, a miracle happens: you wake up tomorrow and you are thriving in every way possible. Without knowing a miracle happened, what would be the first signs? What would look different? How would you feel, live, and be?

Worksheet: Your Thriving Vision

1. If you were thriving, what would your life LOOK like?

2. If you were thriving, what would it FEEL like?

3. If you were thriving, what would your life LIVE like?

4. If you were thriving, what would you BE like as a person?

5. What's one small action you could take this week to move closer to that thriving life?

