



THRIVE Method

- **T – Thank (Gratitude):** take time to create an attitude of Gratitude - Spend time *being thankful* for at least three things you're grateful for to anchor your day in positivity.
- **H – Hype (Optimism):** Take time to *hype* yourself up with optimism, picturing your day crushing it. Say, "Today's my day to win!" Nothing changes my mood!
- **R – Reach (Openness):** 1. Dedicate time to *reach* for new ideas, asking, "What can I learn today?" 2. Ask God to help bring you the people in your life you need to get the clarity you desire, or the idea or guidance you have been waiting for.
- **I – Inspire (Service):** 1. Spend time plotting and scheming to *inspire* someone with an act of service—a smile, kindness, a favor—to give your day meaning. 2. Pray for someone.
- **V – Vibe (Lighten Up):** Take time to *vibe* with joy—laugh, play a song, be playful – be little silly! Lift your energy and creativity. Lighten up Francis! (from the Movie Stripes!)
- **E – Evoke (Reflection):** 1. Finish with time to *evoke* the emotion of one of your biggest accomplishments, feeling the pride to power your day. 2. Visualize yourself reaching your goals and celebrating that success! FEEL the emotions!

Stay in this state for at least 17 seconds!

Don't just survive...THRIVE!!!