

FROM THIS MOMENT ON...

**Learning to Thrive: Experiencing Life to the Fullest
in a Healthy, Positive, and Productive Way**

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Just because a someone is experiencing high levels of *measurable* successes (academically and / or professionally) does not mean that they are thriving. In fact, many people that achieve the highest levels of measurable success are often miserable in the process. So in other words, success doesn't guarantee you're thriving, however, if someone is thriving, it almost guarantees they will experience measurable successes along the way. This handbook is designed to connect the user with the four essentials for thriving. In order to thrive it is important to have a significant connection to:

1. **Somewhere** (Hope for the future / Optimistic outlook on life)
2. **Somehow** (A plan or strategy for accomplishing your goals and aspirations)
3. **Something** (A connection to a higher power, higher purpose, or higher calling)
4. **Someone** (A connection to a non-judgmental community of care)

From this moment on, you can choose to live above your circumstances and experience life to the fullest in a healthy, positive, and productive way.

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FROM THIS MOMENT ON...

Somewhere: Creating a vision

We are at our best or “in the zone” when we are doing what we love, doing it well and doing it for the right reasons (making a contribution to something bigger than ourselves).

What past experience(s) have I had where I felt like I was at my best?

What events have I been a part of that make me feel like I’m at my best?

What activities do I participate in that make me feel like I’m at my best?

What opportunities to engage in the experiences, events, and activities that make me feel like I’m at my best are available to me as a past time or hobby?

What opportunities to engage in the experiences, events, and activities that make me feel like I’m at my best are available to me as a job or career?

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Somehow: Creating a Plan

“We can start to create and plan the life we *do* want for ourselves or continue to react to the life we *don't* want for ourselves. It's a choice.”

- Ivan Juzang

Who do I know or who should I connect with that can help me find opportunities to engage in the experiences, events, and activities that make me feel like I'm at my best?

Where can I go or what can I get involved in that will support me continuing to engage in the experiences, events, and activities that make me feel like I'm at my best?

How will I cope or respond when something happens that wasn't part of my plan?

What can I do right now that will get me one step closer to my goals and aspirations?
(Make a to do list)

	Task	To Do Date	Done Date
1.	<hr/>	<hr/>	<hr/>
2.	<hr/>	<hr/>	<hr/>
3.	<hr/>	<hr/>	<hr/>
4.	<hr/>	<hr/>	<hr/>
5.	<hr/>	<hr/>	<hr/>

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Something: Creating a purpose

One of the keys to success is discovering your “**Why**”. When you know *why* you’re making an effort to thrive, the *what* and the *how* become more accessible and achievable.

What is my source of strength? (Prayer / Meditation / Exercise / Art / Etc.)

Who or what inspires me to do my best and be my best?

What talents, gifts, skills, and abilities do I have that I am most thankful for?

How can my talents, gifts, skills, and abilities make the world a better place?

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Someone: Creating connections

“There is no such thing as a self-made man or woman. Connecting with non-judgmental people who care is essential to experience life to the fullest in a healthy, positive, and productive way.”

- Javier Sanchez

Who do I know that is counting on me and has high hopes for me? Why?

Who do I know that is easy to talk to and I don't worry about judging me?

Who do I know that gives me good advice and honest feedback?

Who do I know that can help me open up doors and create opportunities for myself?

Who do I know that can help me understand how to navigate systems (play the game)?
