

THE 25 ELEMENTS OF THRIVING

HEALTH CONSCIOUSNESS												
RESILIENCE	Waking Up					Tuning Up						
	Leveling Up					Stepping Up						
	Healthy Alternatives					Multicultural Resilience						
	Centering	S Stillness	B Mind-Body Practice	M Meditate	+ E Send Positive Energy	C Calm Space for Others						
	Confidence	N ⁿ Notice Negative Self-Talk	A Affirm Intention	Hb Healthy Boundaries	+ A Positive Audacity	I Inspire						
	Commitment	R ⁿ Notice Resignation & Tolerance	G ⁺ Set Goals	W Wellness Lifestyle	I + Act with Integrity	I ++ Advocate						
Compassion	T ⁿ Notice Emotional Triggers	Co ^s Self-Compassion	LK Loving Kindness	G Generosity	Ch Acts of Charity							
Community	A ⁿ Notice Aloneness & Alienation	Ro Reach Out	Pi Pitch In	Ac Accountability	H Common Humanity							
Maturity in Wholeness												