

THE 25 ELEMENTS OF THRIVING

HEALTH CONSCIOUSNESS

		Waking Up	Tuning Up	Leveling Up	Stepping Up	Growing Up
RESILIENCE	Centering	S Stillness	B Mind-Body Practice	Healthy Alternatives		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
		Multicultural Resilience				

Maturity in Wholeness