

# The Surviving to Thriving Continuum?

## 1 NOTE WHERE YOU ARE:

While not an all-inclusive list, these groups give you a sense of what it is like to be in each phase.

Check the descriptions that match what you are feeling now.

Note which section of the continuum you made the most checks.

## 2 REFLECTIVE ON THESE QUESTIONS:

1. Is this where I want to be?
2. How committed am I to move more in the direction of thriving?
3. What would help me to move further towards thriving in both my leadership and in my life?

### Surviving

- ☐ I'm just trying to stay alive
- ☐ My inner mantra is "Just get me through today"
- ☐ I'm constantly overwhelmed
- ☐ I feel totally incompetent
- ☐ I'm always fearful of messing up,
- ☐ My general mood is apathetic
- ☐ I'm on the edge of falling apart or losing it

### Coping

- ☐ I struggle a lot
- ☐ I'm floating along
- ☐ I'm just doing the best I can do
- ☐ I believe "This is just the way it is"
- ☐ I'm bored
- ☐ I tolerate a lot of stuff
- ☐ I just comply with things

### Thriving

- ☐ I loving my job and life
- ☐ I am engaged in my work
- ☐ I feel confident
- ☐ I am being challenged in a good way
- ☐ I feel that I am growing
- ☐ I feel productive
- ☐ My work & life are generally balanced

Discover how you can learn to thrive in both leadership and life at The Training Library membership site [kathyarcher.com/library](https://kathyarcher.com/library)



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