

# Thriving!

*Developing Skills to shift from Surviving to Thriving*

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*We numb vulnerability, but you cannot selectively numb emotions.  
So, when we numb those, we numb joy, gratitude and happiness.*

~Brene Brown

## 4 Wheels to your Car

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### fu(l)-'fil-mənt

- *satisfaction or happiness as a result of fully developing one's abilities or character.*
- *the achievement of something desired, promised, or predicted.*

the sense of Feeling—

1. Where do I want to feel more fulfillment?
  2. What brings me enjoyment?
  3. What makes me feel refreshed?
  4. When do I feel peaceful?
  5. Where am I feeling blocked?
  6. What do I want more of?
  7. What is my heart whispering to me?
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### afər'māSH(ə)n

- *an act of saying or showing that something is true; confirmation or ratification of truth*
- *the act of affirming or the state of being affirmed; emotional support or encouragement*

the sense of Searching—

1. Where am I searching for affirmation?
2. What do I want people to say about me?
3. Who do I want to affirm me?

4. What do I want to be known for?
5. How am I affirming myself?
6. What is threatening the affirmation I need?
7. What fear do I have about how I am perceived?

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## ə- 'chēv-mənt

- *a thing done successfully, typically by effort, courage, or skill*
- *the process or fact of achieving something*

### the sense of Doing—

1. What do I want to achieve?
2. Where do I want more success?
3. What accomplishments would make me feel proud?
4. What do I need to feel successful?
5. Where am I feeling stuck?
6. What skillset do I want to develop?
7. When is the last time I felt blocked from achieving something?

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## grōth

- *a stage in the process of growing; progressive development*
- *a producing especially by growing; anticipated progressive growth*

### the sense of Embracing—

1. Where do I want to grow?
2. Where do I want more knowledge?
3. What do I want to move forward in?
4. What are some next steps to move me forward?
5. What might be out of my comfort zone?
6. What is holding me back?
7. How do I want to be challenged?