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3C Living Tool

Thrive Plan

We all want to live thriving lives, but oftentimes our desire to care for, lead, and serve others can cause us to slip into survival mode and lose pieces of who we truly are. Making the space to hear what we need keeps us connected to our true identity and helps us become the person we want to be. This 3C Living Tool creates a plan to care for your mind, heart, body & spirit as you learn to foster more Clarity, Confidence & Courage.

- Increasing Clarity requires REST
- Building Confidence requires helpful BELIEFS
- Engaging Courage requires setting ACTION steps that moves you forward

True Belief: I will have a plan to refuel because I know this will make me into the best version of myself and who I ultimately want to become.

Thrive Plan

Create a plan to practice your Clarity, Confidence & Courage
and be intentional in growing a thriving life.

How are you committing to your True Beliefs as you shut down your False Beliefs preventing you from thriving?

Daily - What can I do daily? (10 minutes-1 hour)

Weekly - What can I do weekly? (2 hours – half a day)

Monthly - What can I do monthly? (full day)

Annually - What can I do annually? (1-2 overnights) MeRetreat!