

Beyond Surviving to Thriving

Use the following worksheet to go through the process of shifting your mindset from survival mode to the empowering mindset of thrival mode! **To thrive means to prosper and flourish.** You have the ability to take any obstacle and flourish within it. Use this exercise to begin THRIVING right where you are.

For this exercise, think of a challenging or overwhelming scenario and 1) identify the three obstacles that have previously limited you. Then 2) describe what you used to do just to survive the scenario. Then finally, 3) identify who you would need to be to go beyond surviving and thrive through it all (use the TEA cycle).

Refer to Episode #36, *Beyond Surviving to Thriving of The Healthy Leader Podcast* for more details.

1 Top 3 Obstacles

2 Old Survival Mode

3 New Thriving Mindset