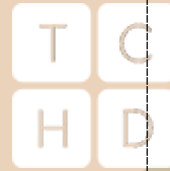


JANUARY / 2023

THRIVE CALENDAR

"A THRIVING LIFE IS A LIFE ON PURPOSE"

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
WEEK 1 DRAWING FORTH STRENGTHS	1 REST	2 EMOTIONAL REGULATION REGULARLY PAUSE AND IDENTIFY WHAT YOU ARE FEELING	3 BODY SCAN CHECK IN WITH YOURSELF BY DOING A SIMPLE BODY SCAN	4 PRACTICE AGILITY ASK YOURSELF IF YOUR ACTIONS ARE CONSISTENT WITH YOUR VALUES	5 GROUND WITH FIVE SENSES SAVOR YOUR MORNING COFFEE AND ENJOY YOUR FAVORITE SONG.	6 WALKING MEDITATION PAY ATTENTION TO THE SOUNDS AROUND YOU WHEN YOU TAKE A WALK	7 BOOST POSITIVE EMOTIONS SAY THANK YOU TO GOD AND OTHERS FOR THE BEAUTY THEY PROVIDE		
WEEK 2 CULTIVATING KINSHIP WITH OTHERS	8 REST	9 PRACTICE LOVE HOLD HANDS WITH OR HUG SOMEONE YOU LOVE	10 PRACTICE PATIENCE CONSCIOUSLY PRACTICE LETTING GO OF SOMETHING YOU CAN'T CONTROL	11 DEVELOPING RELATIONSHIPS INVITE A FRIEND TO COFFEE OR TAKE A WALK WITH YOU	12 BELONGING IDENTIFY 3-5 PEOPLE WHO KNOW AND LOVE YOU. REACH OUT TO THEM	13 PATIENCE LISTEN CAREFULLY IN YOUR CONVERSATIONS. PAY ATTENTION.	14 PLAY ELEVATE YOURSELF WITH SOME OF THESE ACTIVITIES		
WEEK 3 ASPIRING TO MEANING BEYOND THE SELF TAPPING INTO GREATER POWER	15 REST	16 ACCESSING TRANSCENDENCE FIND TIME TO PRAY OR MEDITATE	17 MEANING MAKING EXERCISE CHALLENGE YOUR EXISTING ATTITUDES	18 PRACTICE TRANSCENDENCE EXPLORE LECTIO DIVINA OR ANOTHER SPIRITUAL PRACTICE	19 ACCESS AWE SPEND TIME IN NATURE. EXPLORE WHAT YOU SEE	20 ACCESSING LOVE OFFER LOVE TO OTHERS. YOU MIGHT WANT TO VOLUNTEER AT YOUR LOCAL FOOD BANK	21 PLAY THROW A FRISBEE IN THE PARK, PLAY A BOARD GAME, PLAY VIDEO GAMES. WE LIKE FIVE CROWNS		
WEEK 4 MEANINGFUL CONTRIBUTIONS	22 REST	23 WHAT IT MEANS TO THRIVE LISTEN TO THIS PODCAST	24 PERFORMANCE VS. PURPOSE YOUR POTENTIAL IS UNIQUE TO YOU DO SOMETHING GOOD FOR SOMEONE ELSE	25 GRACE INFINITY AND BEYOND WHEN SOMEONE ANNOYS YOU, OFFER THEM GRACE	26 BEN HOULTBERG ON CALLING VOLUNTEER OR DONATE TO A CAUSE YOU CARE ABOUT	27 TELL KIDS THEIR STORY CALL YOUR KIDS, NIECES, NEPHEWS, OR EVEN KIDS OF FRIENDS. OFFER ENCOURAGEMENT	28 EXPLORE PURPOSE IMAGINE YOUR LIFE 20 YEARS FROM NOW. WRITE YOUR FUTURE SELF A LETTER OF ENCOURAGEMENT		
WEEK 5 LIFE OF JOY	29 REST	30 PRACTICE JOY JOURNAL ABOUT A JOYOUS EXPERIENCE	31 JOY RIDE VIDEO PAY ATTENTION TO SMALL THINGS THAT BRING YOU JOY						

CLICK THE LINK FOR A DEEPER DIVE FOR CULTIVATING A THRIVING LIFE.