



The 5 B's of Thriving

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Our research at the Thrive Center highlights five modes in which we can actively develop the “muscles” that help us thrive.

1. Body

Thriving involves our whole being. Quieting the body (and mind) opens us to God and others. Recall moments in which you felt a deep sense of calm and well-being within your body. How did you access those feelings. Consider how God speaks to you through your body.

2. Beliefs

Our beliefs form our identity, and direct us toward purpose. Think back on moments when God has answered a prayer—whether it was answered in the way you had hoped or not. How does asking God for wisdom and assistance guide you forward in life?





3. Belonging

Thriving involves being known and loved as our authentic selves. Think about the people in your life who understand you and accept you for who you are. Include those people in your prayers. Reach out to them—whether by email, phone, or letter—to express how important they are to you. Invite them to be more active in your life.

4. Beauty

Often overlooked as a resource for thriving, beauty can elicit positive emotions. Consider a moment in time when you have experienced something profoundly beautiful. How did it help you feel God's love for you? How can you tap into more beauty in your life? How might you help others experience God's love through beauty?

5. Beyond the Self

Essential to thriving is a prosocial orientation beyond ourselves. Think of a time in your life in which you felt most connected to something beyond yourself. What were the circumstances. What did you learn from that experience? How did your understanding of God change with that experience?

