

Flourish Practices for Whole Person Well-being

How to Flourish in Spirit

- I embrace and surrender to God's love for me, learning to love Him in return
- I am becoming more aware of paying attention to the sacred and God's presence with me in all things and at all times during the day
- I daily open to being filled with the Holy Spirit flowing through me, choosing to live in the spiritual emotions and character traits of the Spirit—to flow to others
- I am discovering my true self and the essence of who I am in God
- I am becoming aware of my false self, breaking free from unhealthy desires, patterns and my 'default setting' that drives me
- I have a daily quieting, reflective time when I slow down to listen, talk and be with God
- I am learning a lifestyle rhythm of intentional healthy habits and transforming spiritual practices such as:
 - Silence and solitude
 - Bible reading—Lectio Divina (meditating on Scripture)
 - Prayer—listening—communing with God
 - Meditation
 - Reading, writing, journaling
 - Listening to good, uplifting music
 - Singing, praising, worshiping
 - Connecting with spiritual friends
 - Receiving Spiritual Direction
 - Keeping the Sabbath
- I am becoming more intentional to create a 'sanctuary' in my soul and my surroundings
- I am aware of blessings in my life and becoming more thankful and grateful

How to Flourish in Emotions

- I am living more honestly and authentically out of the true, best self I am in God—diminishing the unconscious aspects that drive my false self
- I am discovering God's grace and mercy where I am wounded and vulnerable
- I am becoming more intentional to daily cultivate positive spiritual emotion

- ___ I am developing awareness of my inner thoughts and feelings, expressing them in a healthy, constructive way
- ___ I am learning to deal appropriately with difficult, negative emotions
- ___ I am learning to grieve all my losses well
- ___ I am discovering how to go through crisis in a healthy way.
- ___ I am becoming aware of and pursuing healing for emotional wounds and family of origin issues
- ___ I pursue what nurtures and replenishes me
- ___ I laugh more, keeping a sense of humor
- ___ I am learning to be forgiven, forgive and 'let go'

How to Flourish in Mind

- ___ I am breaking free from unhealthy habits and patterns
- ___ I practice healthy habits of the mind: hopeful, positive, encouraging thoughts
- ___ I dispute negative self-talk that leads to negative emotions (fear, worry, anger)
- ___ I try to keep a positive (God) perspective, especially during difficult times
- ___ I am growing in personal character strengths and talents. I have a 'to be' list
- ___ I take a break from regular routine for fun activities and creative hobbies.
- ___ I am learning healthy ways to reduce stress, anxiety, worry
- ___ I practice mental hygiene such as relaxation and Christian meditation
- ___ I am aware of my body/mind connection, cultivating positive thinking, emotions and actions
- ___ I foster curiosity. I keep learning new skills and enjoying hobbies.
- ___ I pursue positive meaning and purpose in life
- ___ I listen and talk with people to learn and enrich my life
- ___ I keep learning—reading inspiring books, magazines, journals and listening to teaching that inspires me

How to Flourish in Body

- ___ I care for my body, being in tune with my health
- ___ I eat balanced, nutritious meals
- ___ I avoid unhealthy processed products
- ___ I take vitamin and mineral supplements
- ___ I drink 8—10 glasses of water daily
- ___ I exercise regularly, at least 30 minutes a time
- ___ I get adequate sleep each night
- ___ I rest, relax and recuperate each day
- ___ I keep the Sabbath—one day of recovery and enjoyment every week

- ___ I practice healthy stress management and relaxation skills
- ___ I remember to breathe deeply throughout the day
- ___ I get regular medical check-ups and attend to medical needs
- ___ I express authentic, healthy sexuality
- ___ I am growing in seeing self-care as a spiritual practice, making my well-being a priority
- ___ I enjoy being out in nature—in some sunlight

How to Flourish in Relationships

- ___ I love others well out of embracing God's love for me
- ___ I initiate and cultivate positive relationship attachments
- ___ I am connecting with people I care about and nurturing friendships
- ___ I am a 'friend for the journey'
- ___ I connect with family in as healthy a way as possible
- ___ I practice showing love, kindness, compassion
- ___ I practice forgiveness
- ___ I show appreciation
- ___ I am a 'shalom bringer', a 'safe place', a 'joy spreader', a 'peace maker', a 'hope giver'
- ___ I am learning to resolve conflict maturely

How to Flourish in Life Experiences

- ___ I am intentional about my personal growth
- ___ I am aware of and pursue my calling, passions and purpose in life
- ___ I set goals to live out my values and visions and dreams
- ___ I focus on what matters most which increases my life satisfaction
- ___ I am honestly aware of my strengths, weaknesses and limits
- ___ I develop and use my strengths, gifts and skills to serve others so they may flourish
- ___ I serve, show altruism and generosity
- ___ I spend time in nature and enjoying beauty
- ___ During challenging times, I draw deeply on the Spirit of God to be strengthened
- ___ During challenging times, I reach out to be strengthened and encouraged by others