

i T.H.R.I.V.E.



9 practices to de-stress your life & T.H.R.I.V.E.

T

Time Alone. Designate 20 to 30 minutes alone to yourself first thing in the morning to organize your thoughts.

H

Help Others. Do one act of kindness a day. It can be simple as giving a compliment or buying someone a cup of coffee.

R

Rest. Sleep six to eight hours a night and take one entire day to rest and if possible, unplug from all electronics.

I

Invest In Yourself. Read or listen to personal development material 30 minutes a day. Learn a new skill.

V

Voice Your Confessions. Speak and script "I AM" statements into your life. If possible, speak before a mirror.
Visualize Your Future. Organize images of your ideal life on a poster, book, or electronic medium.

E

Expect Good Things To Happen. Approach the day with a glass half full mentality exhibiting optimism.
Exercise. Move your body a minimum of 30 minutes a day.
Eat healthy. Consume a Mediterranean Meal Plan.