Thrive 101 | 5 to Thrive

1 | Intention Setting

A | What needs to get done for me to reach my S.M.A.R.T. Goals?

2 | Meditation

A | What style of meditation do you prefer?

B | For how long?

3 | Movement

A | What style of movement?

B | For how long?

4 | Journal

A | Share insights and gratitudes about your day.

5 | Reflect & Reframe

A | What were your successes?

B | What areas of your day did not go as planned? What growth opportunities have been presented? What can you learn?