



JANUARY

and

FEBRUARY

Toolkit

Thrive

JANUARY

“Every day is a chance to begin again. Don’t focus on the failures of yesterday, start today with positive thoughts and expectations.”

-Catherine Pulsifier

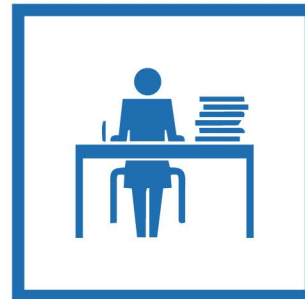
GOAL BUILDING

Walk through this goal building exercise with Thrive. This exercise will help you build and achieve goals in four different aspects of your life; relationships, work, money and myself. Remember, Antoine de Saint-Exupery said, “A goal without a plan is just a wish.” So, join us in making a plan for your goals.

THE FOUR ASPECTS OF GOALS IN LIFE:



RELATIONSHIP



WORK



MONEY



MYSELF

DEFINE YOUR GOALS

STEP BY STEP

Take a sheet of paper and compose your primary goals using four main headings: Relationships, Work, Money, and Myself.

Under Relationships, create the subheadings of spouse/partner, children, extended family and friends.

Under Work, write the subheadings of current and future work goals.

Under Money, pen the subheadings of current and future financial goals.

Under Myself, write the subheadings of body, mind, spirit, and interests.”

Take your time deciding on what you want your goals to be. This may take several days and that's okay.



The next important thing to remember is that goals take time. Don't rush the process and stay confident in yourself and your intentions.

Find fun ways to reach your goals. Say one of your relationship goals is to spend more quality time with your spouse. You and your spouse could each write date ideas down and put them in a jar. Each weekend you and your spouse take turns picking a random date out of the jar.

Is your goal to lose a few pounds? Make a chart for yourself, every time you lose one pound you get to cross something off or color something in. The incentive to fill in your chart may help you get excited about losing weight and help you stay on track.

These are just simple examples of ways to integrate your goals into your everyday life and make them fun. Most importantly, try and enjoy reaching towards your goals. The journey is just as important as the destination.



FEBRUARY

“When we’re connected to others, we become better people.”

– Randy Pausch



Connection has been a major problem during this pandemic. It is important to feel connected to others as it is a critical part of our overall wellbeing. Social health is our ability to interact and connect with others while forming meaningful relationships. Obviously, the pandemic has hindered our ability to do this as well.

Working from home, missing out on holiday traditions, not going out with friends – all of these things have declined our social well-being. Social health is very important because it impacts our physical and mental health. Let's walk through some ways we can get reconnected as we go into 2021.

GET CONNECTED

Virtual break room:

Just because we are working from home for now doesn't mean you don't need breaks. When you need a break, try setting up a coffee chat with a friend or a few co-workers. This could also give you something to look forward to throughout the day. Scheduling one or two short Teams calls throughout the day to chat and sip some coffee or tea is a great way to feel more connected.

Have a virtual lunch:

Schedule a lunch with a friend you haven't seen in a while. Can't meet in person? Pick a time to catch up and eat lunch together virtually. Lunch is a great excuse to rekindle a connection with a friend or family member.

Share accomplishments:

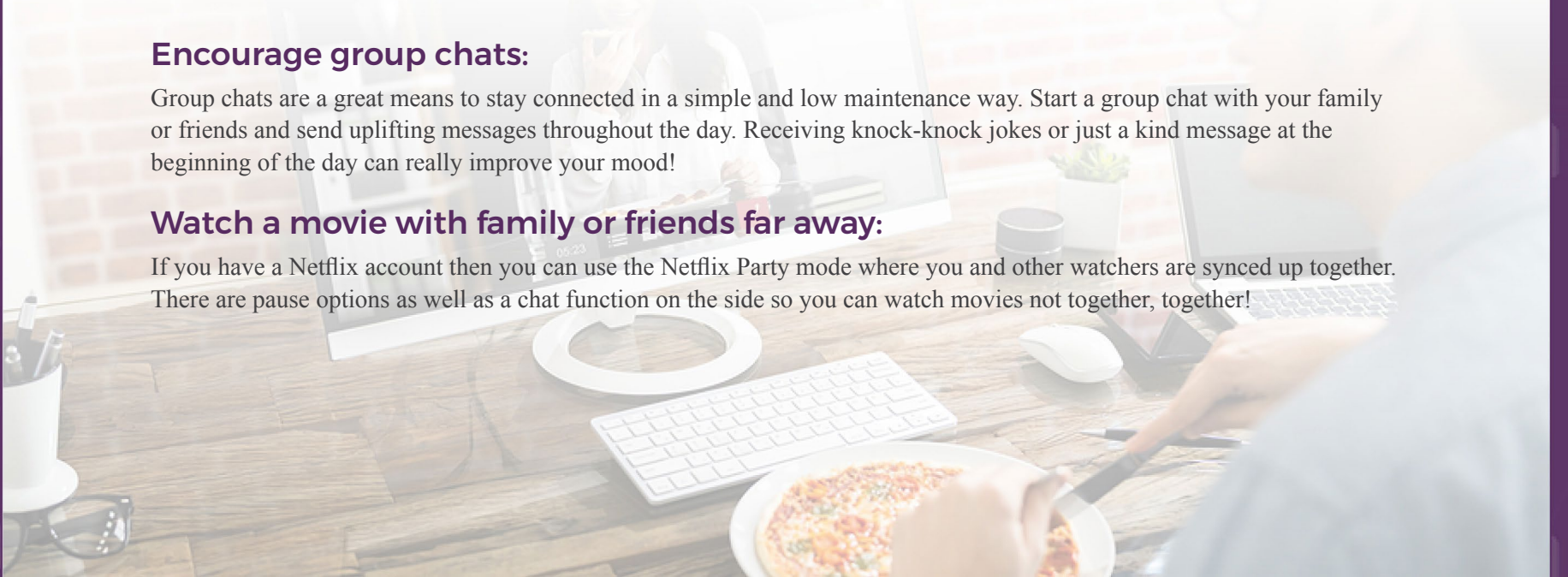
It might not be the first thing you think of when someone says the word connection, but a big part of being in meaningful relationships is feeling appreciated and seen. Feeling appreciated and seen is felt through sharing accomplishments and milestones. It's hard to brag about yourself so try to notice the accomplishments in your co-workers', friends' and families' lives instead. Once you bring it up you might be surprised at how excited they are to share their good news with you.

Encourage group chats:

Group chats are a great means to stay connected in a simple and low maintenance way. Start a group chat with your family or friends and send uplifting messages throughout the day. Receiving knock-knock jokes or just a kind message at the beginning of the day can really improve your mood!

Watch a movie with family or friends far away:

If you have a Netflix account then you can use the Netflix Party mode where you and other watchers are synced up together. There are pause options as well as a chat function on the side so you can watch movies not together, together!



2021

“What the new year brings to you will depend a great deal on what you bring to the new year.”

-Vern McLellan

**Happy New Year from Thrive! We hope you have
a year of growth, happiness and health.**

Thrive