

YOUR LIFE-Thrive in Chaos

ISSUE # 1

To resolve this problem, I need to identify my THRIVE formula. How can I be more tenacious? What are my fears around this issue? Where am I allowing unhealthy foods, thoughts, or habits to create toxicity around this issue? What did I do to create the issue or where can I take responsible action to help solve it? What new creative solutions can I try to solve this issue? What is my vision for a successful outcome? Do I really believe that I can create a better outcome? What negative emotions am I holding onto around this issue? How can I shift emotionally or energetically to solve this issue?

ISSUE:

MY THRIVE FORMULA:

1. T- _____
2. H- _____
3. R- _____
4. I- _____
5. V- _____
6. E- _____
