

# Thrive On - You Got this.

“Every day, live in a way that honours who you are.” — A.D. Posey  
To create one's world takes courage - Georgia O'Keeffe

TODAY'S DATE \_\_\_\_\_

HOW WILL I THRIVE TODAY?	TO DO (3 FIRST)	MEETINGS & CALLS
<p><b>Me:</b> Health/Exercise Stress Management</p> <p><b>THEM:</b> Friendships Relationships Children</p>	<ul style="list-style-type: none"><li>• The brain can only hold 3 priorities at a time</li><li>• Set a buzzer for 1 hour</li><li>• timelines and then take a break</li></ul>	
DROP IT FOR NOW	MONEY MANAGEMENT	I AM GRATEFUL FOR

“Courage is the hallmark of spirituality. Courage comes when you love yourself for who you are.” — Amit Ray