

our time to

THRIVE

THE CONDITIONS FOR HEALTHY **GROWTH**
START WITH CULTIVATING LASTING ROOTS.

story by MICHELLE SASSA

Consider that all objects do not shine equally bright in the night sky. Nor do all plants flower or fruit in the same season. Couldn't this hold true for all the ways we want to flourish? Different areas of our lives may blossom in their own time.

Even when we feel like we are failing to thrive, it's not necessarily time to change course. This is often when good things are taking root.

It can be helpful to acknowledge that flourishing isn't a fixed series of outcomes but a fluid state of becoming. We are all beautiful works in progress. End results aren't always within our control, but how we approach the process is something we can put intention toward.

Growth takes effort, we know, but it needn't always require constant toil. Think of how far a little sunshine and a sprinkle of water go toward making a seedling sprout. What little habit shifts can you make this season that feel easy and nourishing? Could shifting your attention to others relieve some pressure? What simple steps can you take that are too small to fail?

If it's deeper connections you want, you might look for daily opportunities to open yourself up to others. If it's less stress you crave, try scheduling short nature breaks that can bring you peace. Have a new project you've been longing to start? Embracing summer's longer days to wake up earlier will create new windows of time for you to be productive while you're feeling fresh.

Whatever corner of the sun you're reaching for, keep in mind that one of the most potent acts to propel you there is to ease up and show yourself some kindness. Relaxing expectations that all must always go well and lifting up what is going right in this moment can cultivate a sense of well-being. Each and every one of us has the ability to flourish. When we commit ourselves to seeing growth as a process, it creates ideal conditions for us to thrive.

TURN
THE PAGE TO
PRACTICE
THE PROCESS

we are beautiful works in progress

EVEN WHEN WE FEEL LIKE WE ARE FAILING TO THRIVE, IT'S NOT NECESSARILY TIME TO CHANGE COURSE.

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Sometimes the feeling of thriving in the everyday can be a matter of perspective. Day after day, if it seems as though life is just continuing to happen, perhaps it's a chance to slow and see what you can learn from experiences good and bad, big and small.

Of course, when everything is going well, it can feel easy to figure out what is working. But even in seasons when you feel stuck, a willingness to write down experiences or just pin them in your mind as an observation gained can be the needed reminder that you are still growing. And that thriving might be just around the bend.

WHAT'S BEEN GOING WELL FOR YOU:

Today: This Week: This Year:

WHERE HAVE YOU FELT STUCK:

Today: This Week: This Year:

When you think of all that's been happening in your life, the balance of good and hard, are you able to pinpoint why some things are thriving more than others?

THE WHY BEHIND WHAT'S GOING WELL:

THE WHY BEHIND WHERE YOU FEEL STUCK:

Now put yourself in the driver's seat. Remember that you have control over where you put your attention and focus. As you go through your days, continuing to note the why behind where you thrive and where you still have growing to do can help you develop deep roots where you desire—where you truly hope to flourish.

WHEN IT COMES TO FLOURISHING,

progress is relative.

REMEMBERING THAT EVERY SEASON HAS

opportunities for growth

HELPS TO KEEP US FOCUSED ON OUR OWN INDIVIDUAL PATHS FORWARD.

pausing to be intentional

ABOUT WHERE WE PUT OUR TIME AND WHY WE GET OUTCOMES WE WANT TO SEE IS A POWERFUL TOOL TO HARNESS

in our everyday lives.