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### **Made to Thrive**

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# Made to Thrive

This year we certainly have been getting acquainted with very new circumstances, many of which have been incredibly challenging and painful for a lot of people around the world.

It has been a time of change and it has been a time to truly take a much deeper look at our lives.

Fact is, while we may not be able to control the circumstances, we have a choice each day to take responsibility of how we respond to them. This is a key mindset element that can significantly impact our overall wellbeing.

There are six different areas, personal dimensions of wellbeing, that I believe compose the ultimate formula for a thriving recipe for a happier, healthier and more meaningful life:

**1. Made to Matter** — Imagine creating a world where everyday events are woven into a much greater story and life's decisions are guided by the wisdom of its Designer. That is the power of meaning.

- **Grow closer** — Clarify your beliefs and put them into action; engage in spiritual support and practices.
- **Stay true** — Strive to uphold strong moral and ethical principles in your daily life.

**2. Made to Move** — Imagine creating a world where daily activity builds strength, flexibility and cardiovascular fitness, fueled by a plant-based diet and regular rejuvenating rest. That is the power of motion.

- **Stay active** — Optimize your cardiovascular, strength and flexibility fitness; sleep 7 to 9 hours a night.
- **Eat well** — Eat a healthy and balanced plant-based diet; drink enough water, limit sugary beverages.

**3. Made to Explore** — Imagine creating a world where problems become opportunities to explore new ideas and solutions that make life work better for everyone. That is the power of innovation.

- **Explore more** — Challenge your mind with new intellectual and creative pursuits.

- **Think ahead** — Anticipate problems and opportunities; initiate appropriate courses of action.

**4. Made to Belong** — Imagine creating a world where conversations are encouraged, differences are embraced and help is freely offered, turning strangers into neighbors. That is the power of inclusion.

- **Serve others** — Contribute to the wellbeing of others and your community.
- **Be inclusive** — Connect positively, respectfully and meaningfully with others and the environment.

**5. Made to Unwind** — Imagine creating a world where worry and stress are reduced through practices that increase self-awareness, gratitude, relaxation and resilience. That is the power of calm.

- **Tune in** — Understand and accept your feelings and those of others.
- **Remain positive** — Be optimistic in your approach to life and its challenges.

**6. Made to Dream** — Imagine creating a world where possibilities arise from the discovery and alignment of personal strengths, core values, acquired skills and life calling. That is the power of purpose.

- **Find your calling** — Pursue a life path that aligns with your values, strengths and purpose.
- **Develop skills** — Seek opportunities to develop essential transferable skills. ■



▲ Dominique Gummelt

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