

THRIVE!

15 KEY PRACTICES FOR A HEALTHY, HAPPY, AND SUCCESSFUL ORGANIZATION!



Define and Live
Your Purpose



Eat with Intention &
Promote a Strategic
Eating Culture



Promote Hobbies
and Find Fun!



Be in the Present
Moment & Help
Others do the Same



Move your Body
with Enthusiasm &
Create a Culture of
Movement



Connect Socially



Challenge your Own
Thoughts & Be a
Catalyst for Others



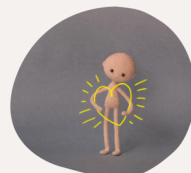
Be Responsible
& Accountable



Rest with
Frequency & Depth;
Create a Culture
That Rewards Rest



Strengthen & Grow
from Difficulty



Carry an Attitude
of Gratitude



Be Compassionate
and Forgiving



Live Authentically &
Create a Culture
Where Others Can Too



Be Generous with
Others



Create an Ambience
of Trust, Care &
Love

THRIVE