



Thriving in Uncertain Times



5 to Thrive

Lean and Mean

Write 'em down

Becoming more YOU

What must I do this year to stand out from the crowd? Be unique?

Reduce a self-imposed limit

What fear must I challenge this year? Do I have assumptions that are limiting my success that I must eliminate?

Grow

Be able to do more because I learned more. Where do I want to grow this year?

Keeping strong

What must I do this year to take care of myself and stay strong...physically, emotionally, spiritually and intellectually?

Gain control

What must I master this year? Where can my pain motivate me to change?

