



## DO OUR ACTIONS SUPPORT OUR THRIVING?

**Ethics:** Am I following outer and inner modes of proper behavior?

**Generous:** Do I have the mindset to really act for the benefit of myself and others?

**Listening:** Am I gaining the knowledge needed to enhance who I am?

**Consideration:** Always think about how our actions will affect myself and others, taking everyone into consideration.

**Personal Integrity:** Do I avoid destructive behavior when we believe it will affect our standing with our inner self, family, friends, and community? Destructive behavior is that which adversely affects our inner being, we tend to become judgmental without caring to consider all the circumstances.

**Intelligent Awareness:** Am I Able to distinguish between beneficial actions and emotional reactions. We need to place space between an event and our reaction to allow our inner wisdom to delineate a response that is not conditioned but is more reflective?

Do so with **Compassion** for ourselves and others?

## ASPIRATION WORKSHEET

Think about the aspirations and wishes you have for your life. What are some of your heart desires—the things in life that really motivate and inspire you? What do you think you are capable of, what is your highest potential? Now write down some preliminary answers to the following questions:

1. *How would you most like to develop as a human being?*

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2. *What would you most like to receive from the world around you to support your aspiration?*

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3. *What would you most like to offer to the world?*

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## COMPASSION DEFINITION

- How you define compassion?
- Have you ever felt fatigue or despair in terms of your life/work? When and under what circumstances does it arise?
- Does Compassion have a place in the workplace or in life?





## Happiness

What does Genuine Happiness mean to me?

What would it take for me to be Genuinely Happy?

What does Genuine Happiness Feel Like?

Have I ever felt it? If not, why not?

Have I ever had peace of mind? When? How long did this last?

What do I imagine being genuinely happy would be like?

# How Do I Know I am Thriving?

- 1) We are Aware that we have shed our old habits and developed or enhanced more constructive traits.
- 2) We are more present with ourselves and others.
- 3) We React more skillfully to situations.
- 4) We Make more of an effort to protective ourselves from unskillful actions through mindful awareness, discipline, and ethics.
- 5) We have more peace, joy and bliss in our lives. We ride the crest of the waves of life instead of being caught in the turmoil of the crash.
- 6) People begin to listen to what you have to say because you live life in a particular and consistent way. Activates Trust in your word.
- 7) People will be more open to your advice as you will be to theirs.
- 8) People are always analyzing and coming to conclusions about those with whom they interact. Elements of this analysis include sincerity and caring.
- 9) People want to know they are being listened to and actions are being taken in their best interest rather than personal preference.



- 10) Physical surrounding will change,
- 11) Regressing to prior behavior lessens over time,
- 12) We use our life in a meaningful way
- 13) So individualized that you will know.



## Values Systems

What are my core values?

How often do I live my core values?

What were the results of living by my core values?

How does it feel like when I am living my truth?

Have I ever compromised my value system?

What were the circumstances?

What was the outcome when I compromised my values?

How did I **feel** when I compromised my values? While I was compromising my values?

**Examples of Core Values:**

Acceptance, Accountability, Adventure, Allowing, Authenticity, Awareness, Balance, Beauty, Caring, Challenge, Collaboration, Commitment, Communication, Community, Compassion, Competence, Common Humanity, Courage, Curiosity, Creativity, Discipline, Discovery, Efficiency, Enthusiasm, Environment, Equality, Ethical action, Excellence, Fairness, Faith/Religion, Family, Freedom, Friendship, Fun, Generosity, Gratitude, Happiness, Hard Work, Health, Helping Others, Honesty, Honor, Humor, Independence, Inner Calm, Innovation, Integrity, Interdependence, Joy, Kindness, Leadership, Lifelong Learning, Love, Loyalty, Mastery, Meaningful Work, Mindfulness, Non-Violence, Openness, Passion, Peace, Personal Growth, Practicality, Problem-Solving, Purpose, Relaxation, Reliability, Resilience, Respect, Resourcefulness, Self-Care, Self-Reliance, Simplicity/Thrift, Sincerity, Stability, Strength, Tradition, Trust, Wealth, Willingness, Wisdom