
FLOURISHING IN THE FALL

Flourishing is a continuing process and the steps are unique for each individual

What is flourishing?

Feeling good about a life in which you are functioning well

Tips and Tricks to Flourish:

1. Figure out what makes you flourish and prioritize it
2. Get in touch with your values (and use them to make decisions)
3. Don't be afraid to ask for help!

Even though it's different for everyone, flourishing people tend to...

Engage more curiously
Learn from difficult situations
Exercise more self control
Connect to something greater than themselves

