

A QUICK-PULSE FOR THRIVING



Your wellbeing leadership potential includes six factors:
Thriving, Fuel, Flow, Wonder, Wisdom & Thriving Amplified.

How much do you activate each factor today? Rate yourself from 1 (Almost never) to 10 (Almost always).

_____ **WISDOM** is about tapping into your inner greatness—the worthwhile purpose, higher vision, and innate genius you can use to guide yourself and others toward inspired impact.

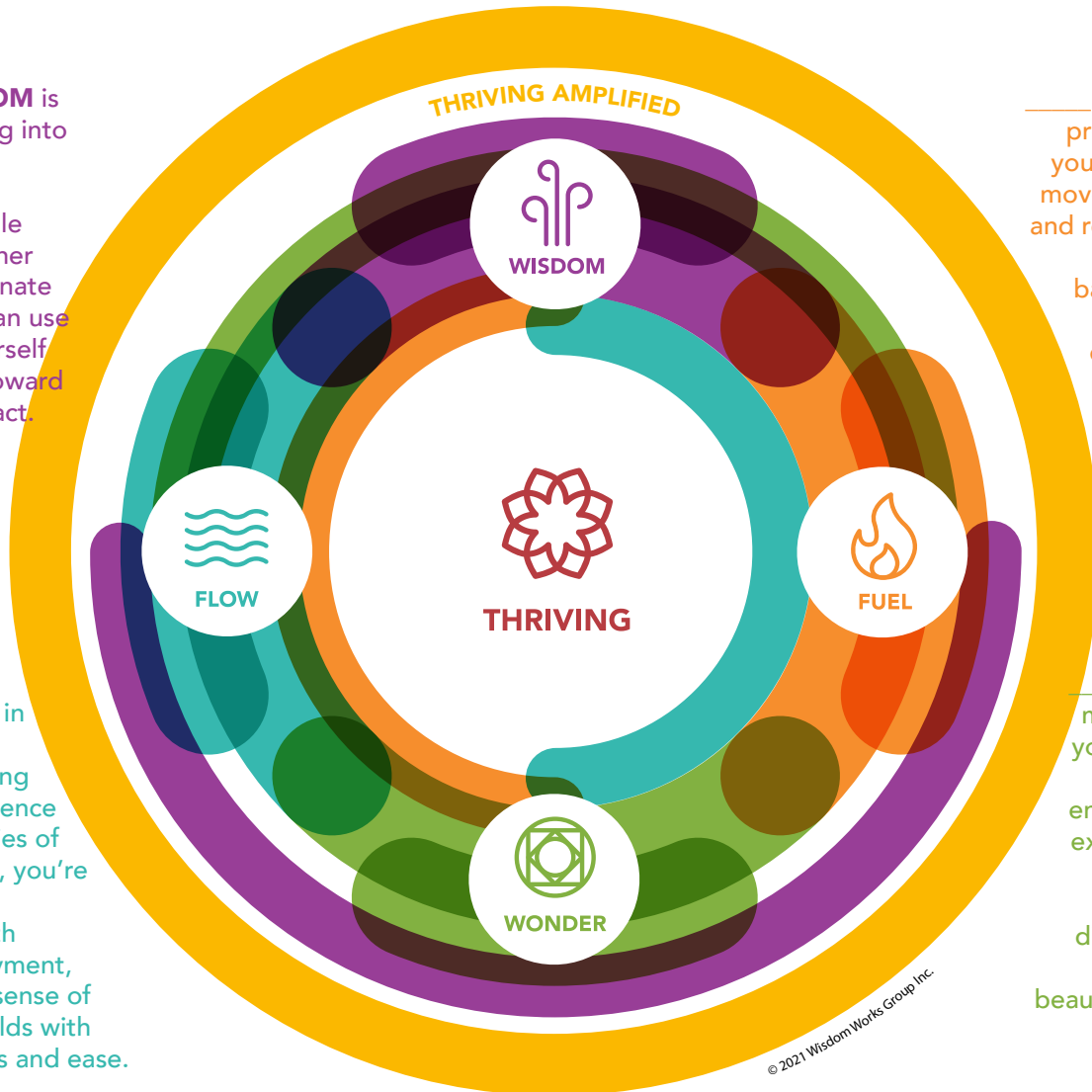
_____ **FUEL** is about proactively using your diet, physical movement, breath, and rest as tools for a sustained, balanced source of physical, emotional, and mental energy.

_____ **FLOW** means being in the zone—when you bring your full presence to the activities of life and work, you're intrinsically rewarded with energy, enjoyment, and a richer sense of how life unfolds with effortlessness and ease.

_____ **WONDER** means evolving your worldviews through engaging in new experiences and challenges, embracing differences, and perceiving the beauty around you.

_____ **THRIVING** is about your overall evaluation of wellbeing in your life right now and in the future, as well as your ability to restore your wellbeing with resilience when you face difficulties.

_____ **THRIVING AMPLIFIED** means bringing forth more of your leadership potential to empower thriving within others, including how you energize others, maximize their potential, and cultivate an environment of care.



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