

8 Ways to Thrive in 2018

by Nicholas de Castella

1. Stay connected in your heart and keep your heart open
be authentic, honest and real.
2. Be fully present, live in the now.
3. Live in gratitude for everything: big and small in your life
Say: 'Thank you, thank you thank you'
Be generous – creates serotonin.
4. Heal and let go of the past: guilt, shame and resentments.
5. Have 3 to 5 clear aspirations that are deeply aligned with your hearts calling.
6. Plan your day:
 1. Each morning write a list of things you want to achieve.
 2. Sort them into: Ring, Email, Do and Go and do
 3. Identify 1 or 2 things that you really want to achieve today
7. Continue to grow – be on your growth edge.
Do new things
8. Live a balanced life attending to all areas:
 1. Happiness and recreation: meditation, fun
 2. Health / Vitality: exercise, nutrition, flexibility, rest
 3. Relationships: intimacy, friendships, community
 4. Lifestyle: leisure time, spaciousness
 5. Business, Career, self expression
 6. Creativity: Achievements
 7. Wealth: Money: generating, spending, saving
 8. Spirituality: Connecting with that which is greater, being of service

Thrive Coach Academy

T: 613 9739 8889 info@thrivecoachacademy.com.au, www.thrivecoachacademy.com.au