

## T.H.R.I.V.E. Activity

1. Review the description of each letter in the word T.H.R.I.V.E. below.
2. Complete the activity by identifying your strengths associated with each letter (T.H.R.I.V.E.).
3. You can leave a letter blank if you aren't sure what to write or ask for input from friends and colleagues.
4. After identifying your strengths, use them to help you achieve your dreams and to overcome challenges.

T

**Talents:** Avoid thinking "Dancing with the Stars," or other "creative expressions," rather, think about what comes to you with ease, "what you were born to do." Our talents are often things we take for granted and are surprised by, when others remark on them. For example, others may comment on your flexibility or strength, your "innate sense of direction," or even your ability to remember everyone's birth date.

H

**Habits:** These are the things you engage in each and every day...the actions you make, with little or no thought. Examples of habits can include backing your car out of the driveway, making coffee, or typing without looking at the keys. While we engage in 100s of habits a day, we often talk about them in a negative light; however, habits can be good things, essential things...as they make room for inspiration and innovation.

R

**Resources:** Each of us has a network of colleagues, we likely receive unconditional support from family and friends, and we benefit from the inner wisdom gained from life's lessons. These are the resources that help us channel and find success.

I

**Interests:** When we are motivated, all things are possible! Motivation stems from things that interest us, and allow us to remain attentive and engaged. Not sure what interests you? Try thinking about the last time you lost track of time...you were likely doing something of interest.

V

**Virtues:** You can also think of virtues as *Human Essence Attributes*...the human qualities that are inside each of us (e.g., *adaptability, love of learning, resilience, zest*).

E

**Elements:** Not the periodic table type, but rather the inspirational type. Think about "being in your element," when are you at your best, when are you happiest? For example, when you are being creative, when you are helping others, or is it when you feel like your work matters?

T

Talents: \_\_\_\_\_

---

---

H

Habits: \_\_\_\_\_

---

---

R

Resources: \_\_\_\_\_

---

---

I

Interests: \_\_\_\_\_

---

---

V

Virtues: \_\_\_\_\_

---

---

E

Elements: \_\_\_\_\_

---

---