

HELPFUL GUIDE TO FLOURISHING THIS SPRING

1. UNDERSTAND WHAT'S INVOLVED

Flourishing is multi-dimensional involving:

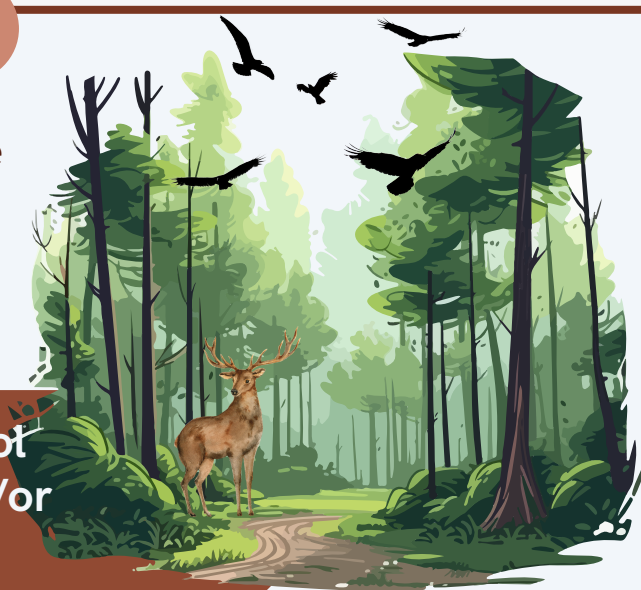
- ✓ happiness and life satisfaction
- ✓ close social relationships
- ✓ meaning and purpose
- ✓ physical and mental health
- ✓ financial and material stability
- ✓ character and virtue

Think about your workplace, church, and other organizations you're connected to. Whose lives do they touch? How are they doing in each of these categories?

2. ENVISION YOUR DESTINATION

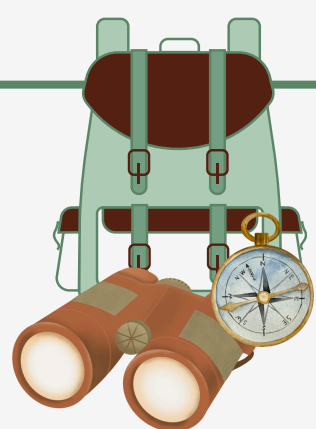
Every organization was created for a purpose related to the flourishing of its people and community. How is that reflected in those organizations' visions and missions?

Does your workplace, church, or school see the flourishing of your people and/or community as part of their vision?



3. GET EQUIPPED

There are tools and resources to help you and the others touched by the organizations you're connected to flourish in every category. You don't have to be "the boss" to make an impact. Follow Unite DFW on [Facebook](#) or [LinkedIn](#) for weekly tips and tools.



Unite's new *Flourishing Playbooks for Christians* is packed full of tools to help individuals, families, organizations, and communities.

4. PLAN YOUR ROUTE

The research highlights 4 places people experience relationships that lead to flourishing: our families, workplaces, schools, and religious communities.

In which of these places do you feel like you can make the biggest contribution to the flourishing of others, and what's one step you can take?



5. CIRCLE UP

Every organization in our community -- every school, church, nonprofit, government and healthcare entity, and business -- has a role to play in a flourishing community. We should all be working together!



Which organizations should you and will you partner with going forward?