



HELPFUL GUIDE TO FLOURISHING THIS SPRING

1. UNDERSTAND WHAT'S INVOLVED

Flourishing is multi-dimensional involving:

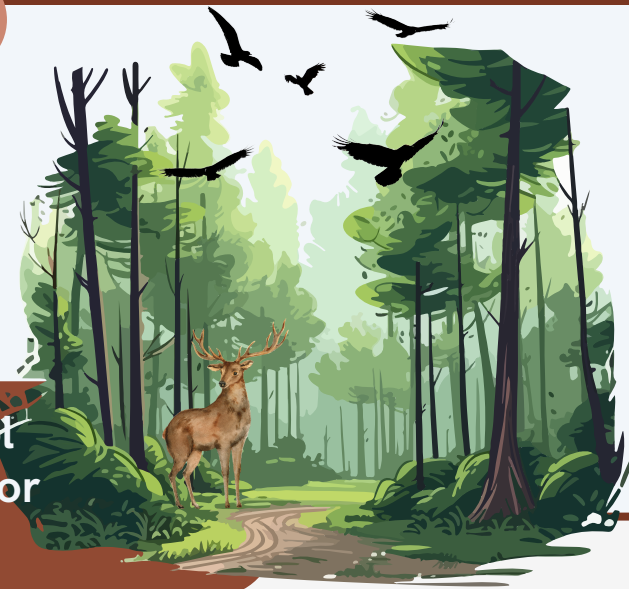
- ✓ happiness and life satisfaction
- ✓ close social relationships
- ✓ meaning and purpose
- ✓ physical and mental health
- ✓ financial and material stability
- ✓ character and virtue

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

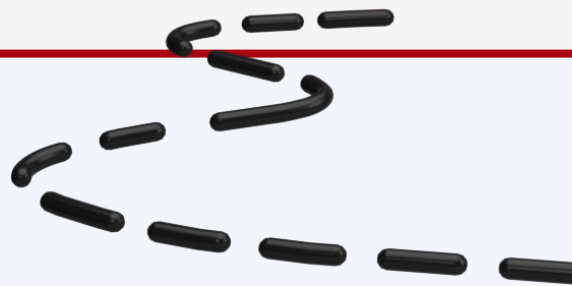
There are tools and resources to help you and the others touched by the organizations you're connected to flourish in every category. You don't have to be "the boss" to make an impact.



Attend or host a Community Experience (aka COPE) to understand our shared vision for holistic flourishing, be inspired to work together, and get equipped.

4. PLAN YOUR ROUTE

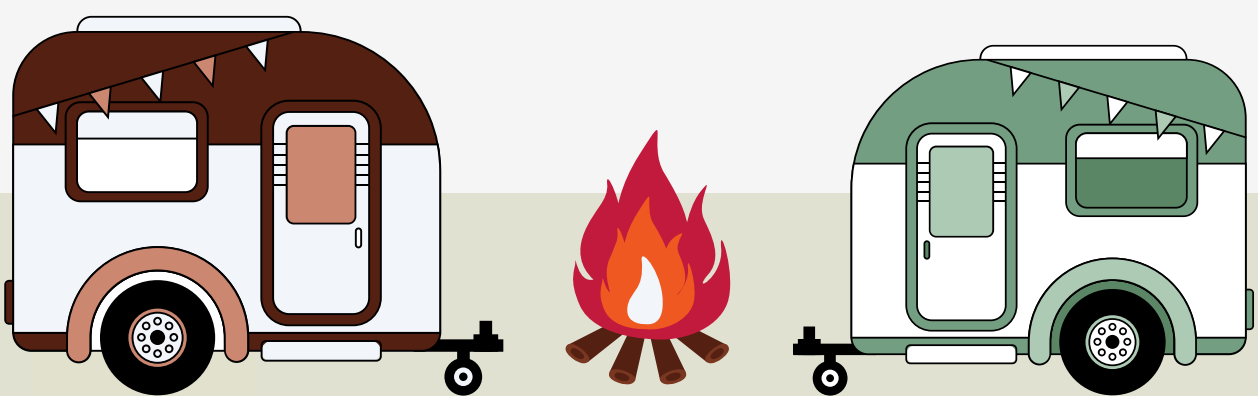
The research highlights 4 places people experience relationships that lead to flourishing: our families, workplaces, schools, and religious communities.



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 partner with going forward?

This guide is brought to you by Unite DFW based on the science from the Global Flourishing Study. Our vision is for everyone in DFW to flourish, and our mission is to help individuals and organizations care for their people and community. Scan this QR code to find out how to measure the flourishing of your group.

