

Happy Holidays Guide

This is a great time of year to assess how you and your loved ones are doing and get equipped to address any area of need,



1 happiness & life satisfaction

On a scale of 0-10, how satisfied are you with life as a whole right now?

something to think about

Which of these areas below (#2-5) might improve your answer to question #1 over the next few months?

2 close social relationships

On a scale of 0-10, how strong and satisfying are your relationships?

something to think about

Do you have a few family members or friends you can count on when times are tough?

something to talk about

Ask 6-12 people you're closest to how they're doing in all these categories.

something to be aware of

Everybody needs somebody. Do all of your family members and coworkers have people they can count on when times are tough? You can't be that person for everyone, but you can help make sure everyone has someone.

a way to grow in this area

People flourish where they have relationships: family, school, work & church. Text the words "social covenant" to 53123 for a series of 2-3-minute videos that will help you establish a relational framework for your family, school, work, and/or church.

3 mental health

On a scale of 0-10, how would you rate your overall mental health right now?

something to think about

28.2% of adults in DFW are experiencing anxiety and/or depression, so it's likely a handful of your loved ones are.

a way to grow in this area

Attend this free, live, online, [emotional support overview](#) on 12/5 at 10am to get some helpful basics and find out options for further training.

something to be aware of

Thanksgiving, Christmas, and other major holidays are often hard for people who have lost a loved one, are estranged, or just can't be with them.

4 meaning & purpose

On a scale of 0-10, to what extent do you feel like the things you do are worthwhile?

something to think about

You were created for a purpose, and a big part of that is caring for the people in your life. Understanding this can add purpose to everything you do.

a way to grow in this area

In addition to loving others, God wants you to use your unique passions and skills to bring about flourishing in the world. [Discover Your Giftedness](#) walks you through a process that will help you figure out your unique purpose.

5 financial & material stability

On a scale of 0-10, how often do you worry about not being able to meet normal monthly living expenses?

something to know about

Thousands of nonprofit, church-based, government, and private helping programs can be found at:

HelpFinder.org

a way to grow in this area

No matter what your income level, Thrivent Financial can help you improve in this area. Check out their [Money Canvas](#) program with free financial coaching perfect for anyone struggling with the basics.



Based on the science from the [Global Flourishing Study](#), this guide is brought to you by Unite. Our vision is for everyone in DFW to flourish, and our mission is to help individuals and organizations care for their people and community.