

HELPFUL GUIDE TO FLOURISHING THIS FALL

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

How are your family members doing in each of these categories?

2. ENVISION YOUR DESTINATION

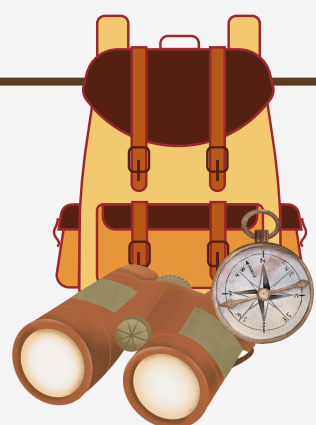
Every person and family was created to contribute to the flourishing of the people in your lives and the places you go.

Is your home a place where your family can flourish? Do your family members know their purposes? Are you helping one another fulfill them?



3. GET EQUIPPED

Family is proven to be a universal pathway for holistic flourishing. There are tools, training, and resources to help you and your family members flourish in every category and fulfill your purpose in helping others do the same.



Go to unite-dfw.org to find training, helping programs, resources, and opportunities using our Give Help and Get Help platforms.

4. PLAN YOUR ROUTE

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



How can you and your family partner with your schools, workplaces, and churches to help them become places of flourishing?

5. CIRCLE UP

Every person in your life and every school, church, nonprofit, government and healthcare entity, and business has a role to play in a flourishing community. In addition to the impact we can make individually, we should all be working together!



Who should you connect with for your journey?