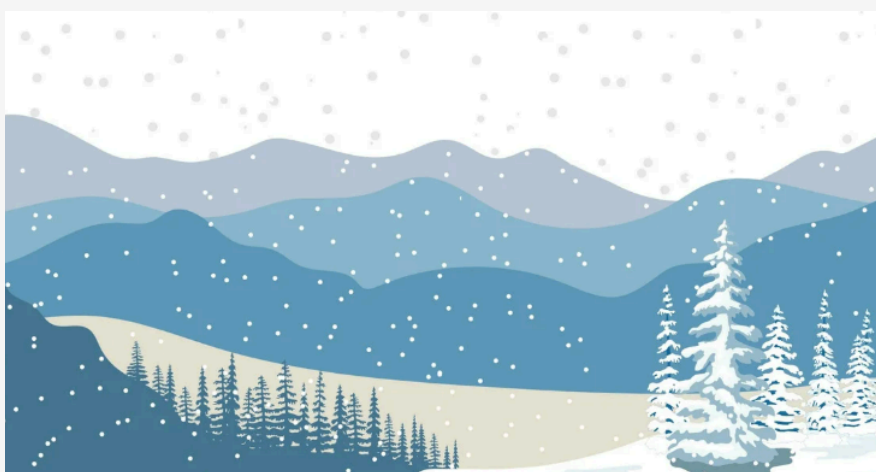


# HELPFUL GUIDE TO FLOURISHING THIS WINTER

## 1. SET YOUR SIGHTS

Life is a journey. Having a vision for living as life was intended to be lived is a vital step.

Do you have a vision for a “flourishing” life?



## 2. 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

On a scale of 0-10, would you rate any of the above aspects as 6 or lower?

## 3. GET EQUIPPED

There are tools and resources to help you and your loved ones flourish in every category. Walking alongside one another on our growth journey is part of our mutually-beneficial relationships. Follow Unite DFW on [Facebook](#) or [LinkedIn](#) for weekly tips and tools.

Have you looked at [HelpFinder.org](#)? If you or a loved one needs outside help, it’s packed full of incredible resources.



## 4. MAP YOUR PATH

The research highlights 3 places people experience relationships that lead to flourishing: our families, our workplaces and schools, and our religious community.

In which of these places is there a relationship you would you like to see grow? How can you help make these places result in more flourishing for others?



## 5. CIRCLE UP

Every organization in our community -- schools, churches, nonprofits, government and healthcare entities, as well as businesses -- has a role to play in our flourishing. We should all be working together!



Who are your friends for this journey? Which organizations do you want to partner with this year?