

Holiday Flourishing Guide

The weeks around Christmas and New Years is a great time to assess how you and your loved ones are doing and get equipped to address any area of need in the 6 domains of holistic flourishing:



1 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 the following categories.

something to be aware of

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

a way to grow in this area

Text the words "social covenant" to 53123 for a series of 2-3-minute videos that will help you establish a relational framework for the people you spend the most time with: your family and those at your school, workplace, and/or church.

2 mental health

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

something to think about

Record numbers of Americans are struggling with depression, and anxiety is even more common. This is an area of need for someone in your life.

something to be aware of

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. Download this free guide: [Navigating Stress, Loss and Grief During the Holidays](#).

physical health

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

something to think about

Across all of our real-time group Flourishing Assessments thus far, Unite and our partners have seen the lowest score on Physical Health of any single question.

a way to grow in this area

Check out these [Physical Wellness Toolkits](#) from the National Institutes of Health.

3 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.

4 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

Thrivent Financial can help everyone in this domain. Their [Money Canvas](#) program includes free financial coaching perfect for anyone struggling with the basics.

5 character & virtue

On a scale of 0-10, how often do you act to promote good, even in difficult and challenging situations?

something to pray about

Ask God if there's a character trait He'd like you to work together on in 2026, and look for a good online devotional or resource you can get started.

6 happiness & life satisfaction

On a scale of 0-10, how satisfied are you with life?

something to think about

All of the above domains impact your happiness & life satisfaction, but do you have a healthy balance? Do you and your loved ones make time for things you love to do.



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.



A Cru Ministry

We want to thank our friends at FamilyLife, one of the most trusted names in family ministry who offer an extensive array of [free](#) and [low-cost](#) resources to help your family flourish.

If you'd like to run a Flourishing Assessment for a group at work or church, use this QR code.