

Thriving Through Life Activity Series

What does it mean to thrive throughout life? Thriving does not mean everything is always positive. It means embracing challenges and changes in a healthy way. It means prioritizing your health and well-being. Thriving includes feeling happy and satisfied while having the tools to face life's difficult moments. There are simple ways to improve your well-being and help you thrive. Using one or more of these skills can help you find a sense of purpose and live your best life every day.



Purpose

Purpose gives your life direction. Focusing your energy and attention on creating purpose in your life increases satisfaction and fosters positive connections with others.



Connections

We all need positive relationships to live a satisfying life. Being connected to others can help during difficult times. Having a variety of meaningful relationships promotes a sense of belonging and happiness.



Gratitude

Gratitude means focusing on the good things in your life. Practicing gratitude helps you appreciate what you have and shifts your mindset from negative to positive.



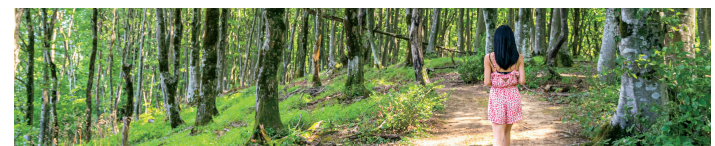
Mindfulness

Being present and aware helps you live a more fulfilling life. Mindfulness is about accepting the present moment without judgment, instead of worrying about the future or dwelling on the past. It can be as simple as breathing or doing something with intention.



Curiosity

Being curious, discovering, and exploring new things makes life more enjoyable. Curiosity keeps your mind and body active and helps you develop new skills. It also builds resilience when facing new or ongoing challenges.



Motion

Being active helps both your body and mind. Regular physical activity can improve your mood and overall life satisfaction. When you're active, you can better engage in your own life.

To learn more about the mental health, addiction or community support services available to you, contact **211 Manitoba** by phone at **211** or visit **mb.211.ca** for confidential service 24/7.

Purpose Wheel Activity

As the saying goes, 'there are only so many hours in a day'. Imagine if our time is divided up into pieces, just like a pizza or a pie, there will only ever be a specific amount of our time and energy that we can give. The Purpose Wheel helps you reflect on how you are dividing that time across five dimensions of your life: physical, emotional, intellectual, social, and spiritual.

By visualizing this balance, you can identify areas that may need more attention to enhance your sense of purpose and fulfillment.

Instructions:

- 1 Draw or Use the Purpose Wheel:** Start with a circle divided into five equal sections: physical, emotional, intellectual, social, and spiritual.
- 2 Plot Your Time:** Think about how much of your time and energy you currently dedicate to each dimension. Shade in the area to show the approximate amount of time you give to this area. The **more area shaded in, the more time you are focused** on this section. The **less area shaded in, the less time you are focused** on this section.
- 3 Reflect:** Review your wheel. Is it balanced? Are there areas where you're giving too much or too little time? Think about how this might impact your sense of purpose.
- 4 Adjust Your Focus:** Choose one area you'd like to focus on improving. Write down one action you can take this week to bring more balance and fulfillment to your life.

