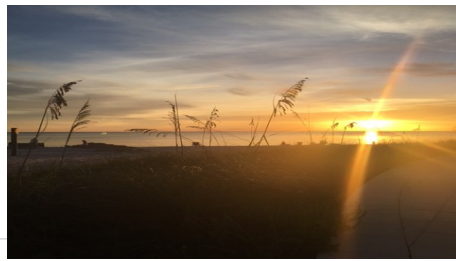


February, 2017

I'M ALIVE 2 THRIVE



Newsletter, Volume 1

### In this issue:

- What's the difference... Are you surviving or thriving?
- Practical applications to move forward to thrive including six steps to begin thriving
- Good reads
- Now what?

## Surviving or Thriving?

It is not uncommon to hear statements like, "I'm overworked and underpaid"; "Just trying to get by"; "This, too, shall pass"; and "Is it Friday, yet?" When we make these statements, we must ask, are we truly "**thriving**"? Or, are we **just** "**surviving**"? That's a good question to consider? Are we *called* to just "live this life"? Or, are we called to "**thrive**"? Hmmmmm.....

When we read John 10:10, we find Jesus came so we could have life...**ABUNDANT LIFE!** In fact, the Message translation says, "...I came so they can have **real** and **eternal** life, **more** and **better** life than they **ever dreamed of**"!!!! Now, THAT's the kind of life we want!

So, how do we get that life??? We each are given the same 24 hours everyone else has. Why do some people seem to thrive while others are just getting by?

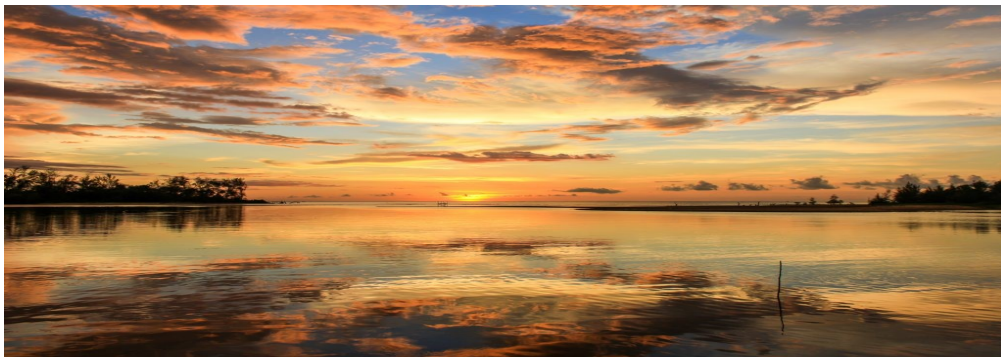
Merriam—Webster defines "survive" as: "to remain alive or in existence" and "to continue to function or prosper despite"... or, as I would say "from *The Book of Stephanie*",... "just gettin' by". "Thrive" is officially defined as: "to grow vigorously" and "to gain in wealth or possessions". As I would say "from *The Book of Stephanie*",... "BAZINGA!!!" and I would also have a "thumbs up" by the word "THRIVE"! Do we want "to remain alive" or "to grow vigorously"? Yes, we want to thrive, yet, we face challenges achieving a thriving status in life.

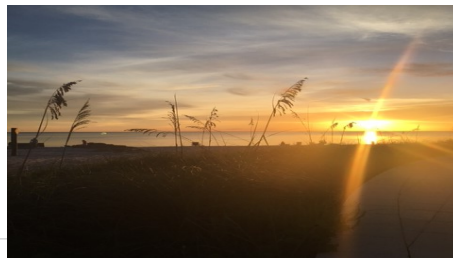
Again, how do we begin to thrive in this life? The answer is simple... with **intention**. We simply **choose** to thrive. We do this by choosing to change our thinking and responses to our life circumstances and situations. What if we changed our mindset from... "oh, I gotta do \_\_\_\_\_" to... "Oh, I GET to do \_\_\_\_\_". See the difference? We see everything as an opportunity, not "just one more thing" getting in your way. You are still mowing the lawn, writing the report, or meeting with your boss. What has changed is YOUR attitude about it! LIFE CHANGING!! If we see EVERYTHING we do as an opportunity...we will approach it differently!

*"Is what I do important...does it really matter?"*

*"Mack, if anything matters then everything matters. Because you are important, everything you do is important."*

*-The Holy Spirit speaking to Mack in The Shack*





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**Really? How do we do this?**

Practically speaking, how do we begin to thrive when it feels like all I can do is...just survive??? Max Lucado discusses how to find and live in your "sweet spot" in his book, *Cure for the Common Life*. This book reveals that "at the convergence" of your "everyday life", "God's story", and your "strengths", you find your sweet spot...exactly what you were designed to do while here on this earth. Rarely do we take mental and spiritual inventory of these three.

Years ago, after reading this gem, I gave it to my firstborn, Savannah, to read. I am not sure if she ever did, but when I was packing her apartment, I found it.

As I perused these pages again, I am convinced that she figured this out. She made such an impact on this world in her short life ... it is evident that she THRIVED. I, too, want to thrive. The following is what God and I mulled over for six weeks following Savannah's Celebration into Eternity. I pray this is the beginning of your Journey to T-H-R-I-V-E!

**T - Take Inventory:** Think about what matters, what really matters to you. Make a list...be specific...get to the root of it. If your list is lengthy, look for common themes. Choose the top ones.

**H - Hold Yourself Accountable:** After determining what "truly" matters to you, talk to at least 2 people who will be completely honest about what matters to you. Go over your list. Be completely transparent with them.

**R - Review Your Resources:** Considering these 3 or 4 things that truly matter to you, how much time, money, and energy do you find yourself using? This could be an eye-opening exercise. Quantify it, at the end of every day for a week, make a judgement call of the amount of your resources (time, money, energy) you expend on your top three.

**I - Investigate Your Strengths:** Make a list of your strengths. Then, think back at what people have said to you when they complement you. What are you doing when you "feel good"? Who is with you? Ask 2-3 people what they see are your strengths. Write these down, don't be shy.

**V - View Your "Sweet Spot":** Think about and visualize your "sweet spot". What's happening, who's with you, and what are you doing? Write it down... dream. Allow God to lead you. What could you change so you could live in your "sweet spot"?

**E - Examine What Matters, Your Resources, and Your Sweet Spot:** Look at all the information you've gathered. Look for common themes and be open to ideas. Write down 2 or 3 simple things you could look into to begin thriving.

**Good Reads**

***Cure for the Common Life: Living in your Sweet Spot*** by Max Lucado

***The Shack: Where Tragedy Confronts Eternity*** by Wm. Paul Young

**Now What???**

If you determine to change your mindset and begin to T-H-R-I-V-E, please let me know how you're doing in the process. You may use the contact form found at [imalive2thrive.com](http://imalive2thrive.com). I'd love to hear from you.

Now, GO THRIVE and have fun doing it!

Stephanie Payne

