

The Flourishing Process™

The Flourishing Process is a universal model that provides structure and direction for understanding and addressing any set of circumstances. While this model is simple to appreciate, it can be tricky to put into place and maintain as personal and professional demands distract us. The Flourishing Process creates a structured approach to clarify what you want, make supporting decisions and take action.



Step 1 - Clarity—What do you want to be different?

While it is tempting to jump into action, it is essential to understand where you are now and want what you want to be different.

- What is working?
- What is not working?
- What would you like to be different?

Step 2 - Choice—What choices do you need to make?

Behavior is a function of choices, not conditions. Better choices lead to better conditions.

Choosing What to Do Time is limited. What is the best investment of your time to achieve your goals? Where do you start?

Choosing Your Approach Successful people think differently from unsuccessful people. You may not be able to change your circumstances, but you can change the way you *approach* them, altering the quality of your experience. Subjective factors are much more controllable than you may realize. You become what you think about most of the time.

Step 3 – Action

After you have decided what to accomplish and how to invest your limited resources, create an action plan to support your choice. Begin by identifying the goals you want to achieve. Next break your goals into discrete tasks with deadlines. It's helpful to look at a limited timeframe, so you don't become overwhelmed by possibilities.