

How to Thrive | A 3 Levels Menu

Early Beta | Jenny Girl Friday

	Mindset	Actions
<i>Big Picture</i>	<p>Thriving is possible</p> <p>It's okay to thrive, in fact, it's helpful</p> <p>I can help more people from a thriving place</p> <p>I'm the only one who can create this in my life</p> <p>The point of working for myself is to love my job and my life</p> <p>Dreams can happen - they just require vision, some logistics, and usually math, and follow-thru</p> <p>I can ask for help</p> <p>Thriving must be cultivated, it's not by accident</p> <p>Exciting, revelotionary, being a pioneer</p> <p>Exquisite problem to solve</p> <p>Be the change / Do no harm / Be a light</p>	<p>Create a thriving plan</p> <p>Post this plan</p> <p>Annual retreat</p> <p>Quarterly retreat</p> <p>List out your top values on one page</p> <p>Find friends, colleagues who believe in thriving</p> <p>Look for resources / reinforcements for thriving ~ coach, books, podcasts</p>
<i>Mid-Level Skills and Strategies</i>	<p>My needs are as important as others</p> <p>I'll treat myself as if one of my clients</p> <p>Look for win-win</p> <p>I want to be the best boss ever</p> <p>Money is a tool for living my values</p> <p>I need to have routines and guardrails in place to protect my well-being</p> <p>Taking care of myself will take time in the schedule</p> <p>It will take some time to build my thriving skillset</p> <p>Thriving practices will look different than what mainstream society has taught us</p> <p>I want to get great at working with money</p> <p>I will become a tax boss!</p>	<p>Create an ideal weekly schedule</p> <p>Put regular check-ins on the calendar</p> <p>Make time for being a Great Boss</p> <p>Plan vacations and time off</p> <p>Make plans - consider your own needs, cycles, sleep schedule, etc.</p> <p>Plan time for self-care/nourishment in sched.</p> <p>Seek out Ideal Clients - make a description</p> <p>If compromising, offer a reward to yourself</p> <p>Seek to learn about taxes</p> <p>Monthly money chart</p> <p>Set up number tracking that fits you</p>
<i>On-the-Go Being responsive</i>	<p>My feelings and thoughts are important</p> <p>I don't have to be like other people</p> <p>My instincts are signals - to know what I need</p> <p>Irritations are asking me to take notice, and make a change</p> <p>It's okay to say No to people</p> <p>Other people's urgency or stress is not my stress</p> <p>Over working will eventually catch up with me</p>	<p>Record feelings and observations</p> <p>Make changes when and where you can</p> <p>Reschedule appts as needed</p> <p>Take mental-health days</p> <p>If you have a craving or desire, make it happen</p> <p>Create an image / symbol to gauge how you are doing</p> <p>Make a list of: signs of thriving, struggling, surviving</p> <p>Notice when it feels like you are compromising</p> <p>If overworking, identify the reason/reward, an endpoint, and extra fuel to keep going</p>