

How You CAN FLOURISH IN YOUR LIFE!



My 10 top tips to help you move
toward a flourishing life.

BY STEPHANIE BOOK

1. Love Who You Are

You have been uniquely created by God and you are amazing! Practice self compassion, and understand the value you have by seeing your identity through the one who made you.



God Made You Special

Psalm 139:14: "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

2. Evaluate your Words

Take some time to evaluate how you are speaking to yourself. Would the words you speak be something you would say to your friend? If not, you have no business saying it to yourself! As you examine the words you are speaking over yourself, make sure what you are saying is loving, honorable and true.

3. Practice Gratitude

Spend time daily writing down at least three things you're grateful for. I don't care if it's as simple as being thankful for the coffee you're holding, or being grateful you got your kids lunches packed on time, or if you made it to work with a minute to spare. Write down what you're grateful for every day.



Stop Comparing Yourself!

"Each one must examine his own work, and then he will have reason to boast with regard to himself alone, and not with regard to someone else; for each will bear his own load. One who is being instructed in the word should share all good things with his instructor." Galatians 6:4–5

4. Stop Comparing Yourself

This may sound easier said than done, but you have no business comparing yourself to anyone else. Your movement, your growth, your steps moving forward are your individual measures of growth. You can't compare yourself to somebody else because you don't know the journey they've walked. Each of us have our own story and our own path. Comparing ourselves to others never moves us forward.



5. See Failures as Growth

It has been said "failing forward" is a great way to look at obstacles in our path. When we reframe our mind we get to recognize "failures" in our life as stepping stones moving us toward what we want to create. This reframing will help us learn how to use those missteps as a way to allow growth and not as a setback.

6. Celebrate the Small Wins!

How often do we accomplish something and not recognize our accomplishments? Yes, we may not have hit the BIG goal we want, but if you are moving forward, that is progress worth celebrating! Do you have 40 pounds to lose and you've "only" lost one, that's awesome! Every step you take toward what you want is a win. It is important to learn to measure our success, and celebrate one step at a time!

“Do not despise these small beginnings, for the Lord rejoices to see the work begin.

Zechariah 4:10



7. Progress Not Perfection!

Perfectionism is not what we want to aim toward in our lives. We are looking for progress over perfection. Similar to us celebrating our small wins, when we focus on what we're gaining versus what we have not done, our outlook will shift. You would not tell your friend they were not good enough because they didn't do something perfect, right? You would celebrate their victories along their journey! You, my friend, get to do the same for yourself.

8. Visualize Success!

Now this may sound woo woo to you, but it's so important to see yourself in the future, and act as if you are already there. If we are moving forward in life without a goal or something to aim for, we will not ever see our progress. Visualize what you'd like to see and then make an action plan to get there. One step at a time, one movement at a time. Visualize, Dream, and See yourself there!

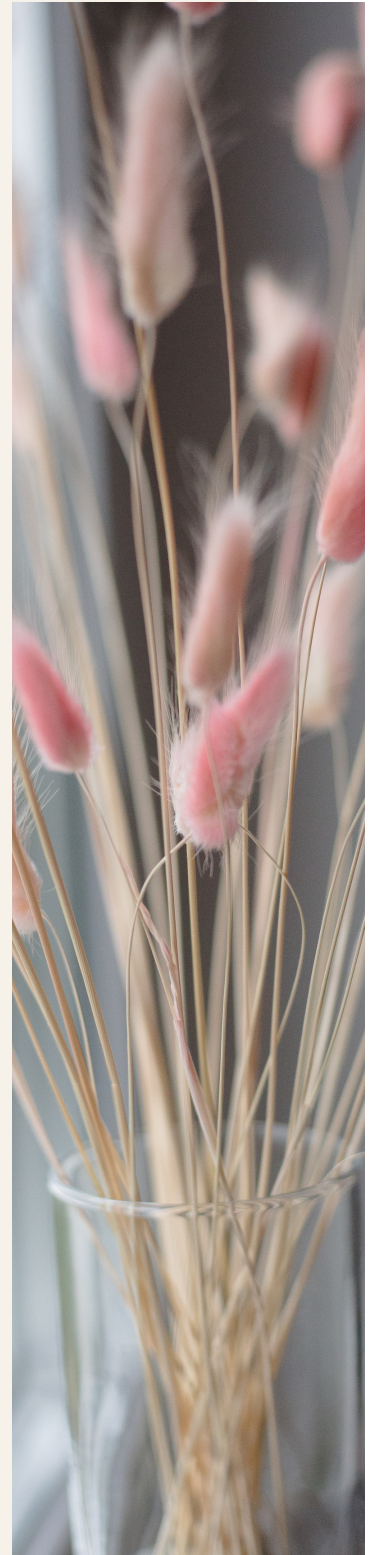
“Romans 8:28: "And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

9. Practice Self-Care!

Did you know you are not able to give all you want to give to those who care about, if you are not taking care of yourself first? You deserve to take care of yourself. What does that mean? Taking care of yourself means eating healthy foods meant to nourish your body, moving your body (this can be as simple as stretching or taking a short walk, drinking your water, and getting proper sleep. It is said, "You cannot pour from an empty cup." It is imperative to fill your cup with self-care so you can have what you need to pour out to others.

10. Find Your Community

Find and connect with a tribe who loves and supports you. Don't have a tribe? Start one. You cannot be the only one who is longing for someone to walk through life with. Community is so important as we move from feelings of unworthiness toward creating confidence and success in our lives. Your community does not have to be big, but find a few people who will support and surround you as well as speak truth to you when needed.



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Finally, brothers and sisters,
whatever is true, whatever is
noble, whatever is right,
whatever is pure, whatever is
lovely, whatever is admirable
—if anything is excellent or
praiseworthy—think about
such things.

Philippians 4:8:



♡ Stephanie

My mission is to help others Flourish
in Health into their God-given
purpose and see their true value! You
are created uniquely and it is time to
embrace the amazing person you are
and live life to the full

