

How to Thrive in Life Worksheet For Tutor

Thriving isn't just existing and living it means to be at your fullest potential, often describes as being the best that you can be, we only get one go at life so we might as well try to get as much out of it as we can.

1. Is thriving a choice or attitude?

It is an attitude, and thriving in the world connects to the actions that you take on a daily basis and the belief of structures that you embrace.

You can train your mind, body and spirit to grow and flourish and it doesn't need to be complicated.

2. In the video, how does Patrick explain how he thrives in life?

Patrick thrives through football, what he eats, and how well he sleeps.

3. Are you conscious of other people and them making judgement of you?

Discussion

4. What is the right environment to thrive no matter where you are.

We can choose who and where we spend our time, don't be with people who hold you back or are putting you down. If it doesn't bring positivity then its time to let it go. Even if you are facing a negative circumstance, your feeling is temporary, remember to share your feelings with someone you trust.

5. What are the conditions to thrive?

Make the most that you have and not being disappointed in what you don't have

6. Who has the ability to thrive

We all can!

Ask yourself a question, am I being the best version of yourself today

If you don't know who you are right now....its ok!

7. Who are you and what do you like doing?

Discussion,

Its ok not to know, you have the time to find out and experience life and you are enough and love yourself and be the best version of yourself today!