

# **SURVIVING TO THRIVING**

## HOLDING PATTERN

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Set a timer for 5 minutes. Think about recent days, start to finish, where did you struggle?  
BE HONEST HERE. THIS IS WHERE THE CHANGE BEGINS.

Look at each of the areas you struggle with, what excuses prevent you from thriving in those areas of your life?

{ ARE YOU WILLING TO ELIMINATE THOSE  
EXCUSES IN ORDER TO THRIVE? }

THE ONES WHO FIND HAPPINESS ARE THE ONES WHO DON'T MAKE EXCUSES.  
IF IT'S BROKEN, THEY FIX IT. IF IT'S WRONG, THEY MAKE IT RIGHT.