

Flourish



- What does flourishing look like for you?
- One thing we all need, if we're to flourish, is kindness. How can you be kind to yourself this year? Think of one simple thing that calms your mind or makes you smile, like going for a walk, listening to a favourite song or enjoying a quiet cup of tea, and allow yourself five minutes to enjoy a bit of self-kindness. How could you build some self-kindness into your daily routine?
- Flourishing is never achieved on our own, we flourish when we're connected to others. Who are the people who love you just as you are, who will affirm and encourage you this year?
- Flourishing is not just about feeling good, but doing good too. How can we help those around us to flourish as well?

"Don't focus on the negative things. Focus on the positive and you will flourish."
Alek Wek