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Surviving to Thriving

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Sadly it seems that many people’s existence is much more about surviving than actually thriving, and those two things are very different. Because most people appear to survive rather than thrive, it seems that far too many people don’t live to their fullest potential. Beyond that, it seems that many people certainly don’t enjoy life as richly and as broadly as they could, subsequently living out diminished lives that need not be. It seems that people don’t understand the fact that they don’t have to live in a state of perpetual survive. While there are times when our lives and our circumstances are about survival, there are also many more times when we can learn to thrive.

List four things in your life that you would be doing that would be much more about thriving than surviving.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What percentage of time do you focus on actually doing these four things?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time You Focus on Trying to Solve the Limp

To what degree do you feel that your life would be improved if you did at least one of these four things?

0 1 2 3 4 5 6 7 8 9 10

Not at All Fairly Very Much

What observation can you make regarding your assessment of how much your life would be improved by doing this one thing?

What forces in your life are keeping you from doing at least one of these four things? Examples might be low self-esteem, other demands, perceived lack of ability, a confining relationship, a sense that it’s impossible, etc.

Based on your observations regarding your answers and the obstructive forces that you outlined, what are three things you can do to begin to do at least one of these things on your list?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_