

# FOCUS ON THRIVING



Think about the ways in which you typically approach each of the following life dimensions, identified by Marianne Esolen in her work, *Practical Supervision*. List a few examples of your current “coping and thriving” practices below.

## FOCUS ON THRIVING

<b>SOCIAL</b> (Clubs, memberships, family, friends)	
<b>PHYSICAL</b> (Diet, activity, check-ups, sleep)	
<b>INTELLECTUAL</b> (Learning new skills, reading, classes, workshops)	
<b>EMOTIONAL</b> (Feelings, peace of mind, self-efficacy)	
<b>SPIRITUAL</b> (Faith, wellbeing, meditation)	