

RISE & THRIVE:

4 ACTION ITEMS TO LEAN INTO IN 2021

Dr. Matt Townsend
KSL Studio 5 Interview
January 5, 2021



What lessons can we learn from 2020?

We're in really good shape because we've already been through a difficult year, now we have all the tools to crush it. Rise & Thrive. That's why we're here, that's why we're on this earth to get better & actually love & enjoy this time of our life.

R- RESPOND FROM YOUR STRENGTHS

*Identify how you can bring your old strengths to the new year *Take the VIA Character Strengths assessment at authentichappiness.org

I- INVEST IN LEARNING SOMETHING NEW

*Identify one thing that if improved in your life, would make the biggest difference *Commit to learning everything you can about the issue *Invest the necessary resources to make the change.

S- SHOW UP FOR LIFE'S TEACHING MOMENTS

*Commit to look for & be more present in the every day teaching moments *Eliminate at least one of your distracting or avoiding habits

E- EXPRESS GRATITUDE

*Sincerely thank the people around you for the service & good they are doing *Write three blessings in a journal each night *Share your blessings with your family during meals & times together

