

This guide is intended to be used as a complement to my podcast "Another Beautiful Life." It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I'm already praying you hear His voice clearly.

## **Episode 135 – From Survival To Thrival**

Survival mode is a natural response to crisis. The heightened stress, fear, and hyper vigilance we feel are normal reactions to our fight, flight, or freeze response. So, this is a normal state we can find ourselves in directly after a crisis. The problem is sometimes we get stuck here. And when we stay in survival mode for long periods of time, it can lead to long-term negative effects on our mental, emotional, and physical health. It can keep us from experiencing grief in a healthy and healing way. We're just trying to make it to the end of the day. And then we wake up the next day just trying to make it to the end of that day. Survival mode is normal after a crisis.

emotional effects:				

We are meant to thrive and live life abundantly. Thrival can be defined as "an optimal state of health, vitality, joy, and well-being; to prosper." Thrival means "to be fortunate or successful; to grow or develop vigorously; to flourish."

Thrival mode is the instinct that drives us to push our personal limits and to expand ourselves – intellectually, emotionally, and physically. But sometimes we get stuck in survival mode. And it's here that we need a little push to understand why we NEED to get out and some suggestions of HOW to get out. That's why I'm excited to walk you through the 4 steps to thrival.

<b>Step 1: Acceptance</b> - Acceptance is embracing the reality of your life as it is right now – including all the weakness, pain, and suffering that comes with hardships and brokenness. There's no room for denial here. It's a truly honest assessment of where you are in life and where you need to go from here.
What do you need to accept right now?
Step 2: Trust - Trust is where we decide to consciously move out of survival mode if we truly want to live.
Trust that with God's help this is even possible. Trust that with His power and His guidance He will lead you in His divine plan for your life. Trust that His promises for hope, healing, and restoration are yours in Christ Jesus. Trust that He takes what was meant for evil and turns it for good. Trust Him to do that for you.
What do you need to trust to move forward?
Step 3: Purpose - God uses our story, no matter how awful and broken, and uses it for a very good purpose. Thrival comes when can we find meaning in it all.
Write a brief prayer asking God to use your brokenness for something good:
<b>Step 4: Openness</b> – This is being open to the possibility of stepping into something beautiful again. Thrival is where you break free from the limitations survival put on you – the things it's keeping you from doing. This is where growth happens, where true meaning and purpose is lived out, and where you are truly living.
What are you willing to be open to doing that will allow you to fully live in the present?

To get stronger and better and healthier, it's going to take that part of our brain that makes sound decisions for our future – the pre-frontal cortex or the adult brain. We will use this part of our brain to move from

survival to thrival.

It's important that we take responsibility for how we are experiencing life and commit ourselves to making a change. By implementing these four steps, acceptance, trust, purpose, and openness, you can break free from the limitations of survival mode and step into a life of abundance and fulfillment. If you'd like some help in this area, I'd love to be your Life Coach. Feel free to email me at: <a href="mailto:coaching@triciazody.com">coaching@triciazody.com</a>