

Project Thrive



Table 1: Match feeling → action,**Table 2:** Why it helps → result,**Table 3+:** Track & Reflect Daily

Ref	When You...	What to Practice
A	Are burned out or losing energy	Rest, restore, rejuvenate
B	Are drowning in tasks and distractions	Prioritise, manage time and resources
C	Face tension with others	Resolve conflicts, strengthen relationships
D	Feel alone or misunderstood	Build trust, practice empathy
E	Feel behind or unsure of your path	Contemplate, align, act ethically
F	Feel disconnected or unsure of what's right	Reconnect to values, align with purpose
G	Feel stuck, bored, or invisible	Explore, express, and innovate
H	Get overwhelmed or reactive	Be present, emotionally aware, self-regulated
I	Hit a hard season or setback	Endure, overcome, persevere
J	Struggle with negative thoughts or patterns	Address distortions, foster wellbeing
K	Want to leave a mark on others or the world	Serve, support, lead by example
L	Want to move forward but feel unsure	Initiate, take responsibility, strive forward

Ref	Why it Helps	The Outcome
A	Recharge your mind, body, and spirit to thrive longterm	Restore vitality and joy, reducing exhaustion
B	Get focused and make room for what truly matters	Enjoy clarity and accomplishment, easing overwhelm
C	Build trust, repair connections, and create emotional safety	Experience harmony and support, reducing stress
D	Strengthen meaningful relationships that support you	Feel connected and valued, reducing loneliness
E	Evolve at your own pace and stay empowered in change	Gain confidence and motivation by seeing progress and direction
F	Ground yourself in purpose, values, and peace	Feel grounded and peaceful, reducing inner conflict
G	Reclaim your voice, creativity, and spark, open new doors	Experience excitement and fulfilment by expressing yourself
H	Find calm and clarity so you can respond with intention	Reduce stress and chaos, creating peace and control
I	Keep going when it matters, and emerge stronger	Build resilience that lessens pain and increases hope
J	Break free from inner limitations and heal emotionally	Replace distress with calm, fostering emotional relief
K	Turn your growth into impact and legacy beyond	Feel purpose and fulfilment by making a meaningful difference
L	Create momentum and take charge of your story	Experience empowerment and satisfaction through purposeful action

