

song: **Lose Yourself – Eminem \*EXPLICIT\***

week #21

**thrive:** (verb: do it)

- to make steady progress; prosper
- to grow vigorously; flourish; to grow stronger

*advance, develop, flourish, progress, prosper, radiate, shine, succeed*

***“If human beings are perceived as potentials rather than problems, as possessing strength instead of weaknesses, as unlimited rather than dull and unresponsive, then they thrive and grow to their capabilities.”*** –Bob Conklin

You may have had a thriving moment today.  
An objective eye may have seen you powering through pushups,  
walking with conviction across an intersection,  
or stepping away from a power lunch with a knowing grin.  
An adoring eye may have recognized your serenity, your hope, your beauty,  
your passion, your fire, your faith.  
The envious eye noticed your strength, your confidence, your determination.

***“Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the you and glory of the climb.”*** –Sir Winston Churchill (1874 – 1965)

Find yourself in your most powerful moments –even if they are only just moments. Recognize your **strength, beauty, conviction, determination**. To thrive is to make steady progress; it is a VERB you must FEEL, DO, and REACH. Fully experience and acknowledge your positive moments, stack them like bricks! Build a powerful wall; a testament to who you are, all that you have done. Create a solid base for all that you will do.

**Thrive! Live this life!**

**Action:** Spring is here and green is thriving everywhere. Mother Nature's intent of plants is to give us vital life energy (prana). When is the last time you took a break from your busy day to go outside and just breathe in the fresh air? It may be that simple. THRIVE!



During your Wide Squat & Tuck, like a flower or a tree, you will thrive when you root down in order to reach up. Each time, reach higher! Reach for more!

### **May Color: Bud Green**

The color of the month is bud green which can open the heart and rejuvenate the spirit.

### **May Chakra: Heart**

The major gland affected by the energy that transmits from the heart chakra is the thymus gland, which is directly related to your body's immunity. If you suffer from seasonal allergies, it will help you to find balance in this chakra.