

THRIVE WITHOUT *Compromise*

GROWING WITH EXCELLENCE IN LIFE AND CAREER

APRIL 15, 2023

A SEAT AT THE TABLE. ARE YOU READY?

Reclaim health...

Health starts with the heart. You cannot do anything without first being well. Guard your heart because everything flows from it.

Proverbs 4:23 | Proverbs 27:19 | Proverbs 20:5

Reframe mind...

You are a valuable asset. Made in His image and for His purpose, you are a treasured part of a greater plan. Knowing this changes everything.

John 15:16 | Philippians 4:8-9 | Matthew 6:33

Redefine success...

Lose the control and trust God. Success is in the significance of doing your part with excellence. Then, prioritizing rest and rejuvenation over worry and the need to do more.

Proverbs 19:20-21 | Ephesians 5:15 | Matthew 25:14-30 |
Judges 4 | 2 Cor 12:9

SUGGESTIONS FOR IMPLEMENTING:

- Be Honest. A reflective approach.
- Be Practical. A strategic approach.
- Be Intentional. An actionable approach.

