The verb thrive means to flourish or grow vigorously, and it can be applied to something like a business or to something or someone's actual health.

*WFH Working From Home* is a THRIVAL GUIDE™ that provides immediate tools and practices that will create real change in your capacity to manage stress, be resilient, show up with your actions aligned with your intentions, improve your parenting, get better sleep, lead more effectively, increase your emotional intelligence, and parenting capacity and improve your sleep and self-care.

This is a global experiment right now of over a billion people working from home. In any experiment it’s useful to name the outcomes you would like to have. Try something new to get that result. If it fails, shift and try one new thing to move you towards your desired outcome. Continue being curious and exploring throughout, while noting what you are learning along the way.

What if you got more sleep? What if you finished those books by your bedside that call out to you in your mind “you still haven’t read that book?” What if you turned off the TV and media and spent the time doing something that frees your guilt or “should list?”

What beliefs have you already formed about what this time is negatively doing TO YOU, versus what it might DO FOR YOU?

Yes this sucks. And it’s hard. It’s also very challenging. And it’s ripe with opportunity.

Organizations are having to break out of any old beliefs about bricks and mortar to create new ways to thrive and grow their businesses beyond 2020.

Who will find their creativity, grit, leadership and heart through this opportunity. It seems to be an invitation to THRIVE for all of humanity.

~

Who will rise and THRIVE through this global pandemic and beyond?

How can you use this “shelter in” to improve your life, build resiliency, start new habits that will sustain you beyond this time?

What good can come from this? What is this time for?

Developing healthy self-care habits to build your immune system and ensure a longer more vital life would be critical now and for the future.