

# EDUCATION TO LIVE WELL



# CLUB THRIVE



EDUCATION  
TO LIVE WELL



# CLUB THRIVE

## INTRODUCTION & INVITATION

For more than 50 years, I have worked as a community developer — helping people gather, learn from one another, and strengthen the fabric of their shared lives.

Over time, one truth has become clear to me: people thrive when they have consistent spaces for reflection, connection, and mutual encouragement.

We are living in a time when many feel fragmented and overextended. Values compete with schedules. Goals compete with rest. Relationships compete with distraction.

Club Thrive is a simple response to that reality. We are just beginning this new circle.

Once a month, we gather on Zoom to reflect on the essential elements of a well-lived life — values, wellbeing, habits, relationships, finances, renewal, time, and goals — and to ask whether they are supporting one another in healthy, synergistic ways.





EDUCATION  
TO LIVE WELL



## CLUB THRIVE INTRODUCTION & INVITATION

This is not a lecture or a pressure-filled self-improvement program.

It is a welcoming, thoughtful space for awareness, alignment, appreciation, and steady growth.

Membership is \$52 per year — just \$1 per week — to support this shared learning space.

If this resonates, I invite you to attend a Zoom meeting and see if it feels right for you. Come experience the conversation. See if this circle is a place where you can grow and contribute.

I look forward to welcoming you.

Warmly,  
Sanford “Sandy” Hinden

**YOU CAN REGISTER FOR OUR  
MONTHLY MEETING HERE  
THIRD THURSDAY 7:30 PM, ET ON ZOOM**



# CLUB THRIVE



Membership — \$52/year

A monthly gathering to align  
the essential elements of a well-lived life.

---

[EducationToLiveWell.org](https://EducationToLiveWell.org)



Values

Wellbeing

Good Humor

Club

Thrive

Life Elements

Renewal

Goals

Relationships

Time

Habits

Finances

Do they support each other?

Are they synergistic?

## Goal Alignment

Do my Life Elements support this goal? Does this goal support my other Life Elements? Are they Synergistic?

<b>Values</b>	Is it aligned with my values? Does it feel like me? Am I willing to do what it takes to reach the goal? Is it aligned with my other goals? Does this move me toward the kind of person I want to become? If this succeeds, will I respect myself more? Would I advise someone I love to pursue this? Does this serve something larger than ego or status? If no one applauds, would I still do it?
<b>Good Humor</b>	Can I hold this goal lightly enough to laugh at setbacks? Am I taking this too seriously? Does this goal bring joy or only pressure? Can I imagine telling funny stories about this later? If this fails, will I still be okay?
<b>Time</b>	Is it achievable? What must I say no to in order to say yes to this? Is this a season-long goal or a lifetime calling? Am I underestimating the timeline? What would “slow and steady” look like here? If I double the time estimate, does it still feel worth it?
<b>Finances</b>	Is it possible to acquire the funds needed? Will it produce what I need? What is the real cost — money, stress, opportunity? What is the break-even point? Is this an investment, an expense, or a gamble? What is the smallest viable version? If funding never arrives, would I still proceed in scaled form?
<b>Habits</b>	What daily behavior would make this inevitable? What habit would sabotage this? Am I willing to do the boring part repeatedly? Does this require discipline I don't yet have? What cue–routine–reward loop needs redesign?
<b>Relationships</b>	Who will this bring me closer to? Who might feel neglected? Do I need allies for this to work? Have I asked for support? Is this collaborative or solitary by nature?
<b>Renewal</b>	Can I pace this so I can sustain my energy and vitality? Where will I rest? What is my recovery rhythm? Am I building margin or burning reserves? What restores me when momentum dips? If my body voted, would it approve this plan?
<b>Wellbeing</b>	Does this support my wellbeing now and long-term? Will this reduce stress or increase it? Does this align with my doctor's guidance? Will this help me sleep better — or worse? Is this healing or compensating? If my future self could advise me, what would it say?



# CLUB THRIVE

ALIGNING • AWARENESS • APPRECIATION  
FEELING • FLOWING • FREEING

**YOU CAN REGISTER FOR OUR  
MONTHLY MEETING HERE  
THIRD THURSDAY 7:30 PM, ET ON ZOOM**

[EducationToLiveWell.org](https://www.educationtolivewell.org)

*This is what is happening...*

*This is how misalignment works...*

*This is how we restore...*

# CLUB THRIVE

*Learn → Recognize → Reflect*



*Learn more at  
EducationToLiveWell.org*

*Explore support resources  
at Club Thrive*

Many people are not getting the  
**addiction recovery and mental health support they need to**  
**Return to their Values & Behavior Alignment**  
after a Values & Behavior Unalignment,  
*a hidden, secretive, addictive-unwellness slip-up often shaped by:*

- **SOCIAL:** disconnection, rejection, betrayal, hostility
- **EMOTIONAL:** loneliness, hurt, sadness, grief over losses, fear, anger, resentment, lack of self-worth, less than others
- **MENTAL:** overload, exhaustion, boredom, lack of meaning, emptiness, lack of purpose, a sense of being stuck
- **PHYSICAL:** tiredness, and you can't sleep

**When your values and your behavior drift apart, life feels off.**

*When your values and behavior match, you feel good again.*

**You don't need shame. You need support.**

## CLUB THRIVE

*Behavior has a history*

*Coping strategies once protected*

*Shame blocks healing*

*History → Pattern → Possibility*

*Behaviors, habits, and patterns don't come from nowhere. They are shaped over time.*

**Observation → Understanding → Compassion → Restoration**

**A LEARNING MODEL PROVIDED BY EDUCATIONTOLIVEWELL.ORG**

*Misalignment happens*

*Patterns form*

*Restoration is possible*



## Sandy Hinden

Coaching • Guides • Programs

[EDUCATIONTOLIVEWELL.ORG](http://EDUCATIONTOLIVEWELL.ORG)

[CLUB THRIVE](#)

[sanfordhinden@verizon.net](mailto:sanfordhinden@verizon.net)

1-516-815-4967

# EDUCATION TO LIVE WELL



# CLUB THRIVE