

EDUCATION TO LIVE WELL



CLUB THRIVE



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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.





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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



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?

Values	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?
Good Humor	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?
Time	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?
Finances	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?
Habits	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?
Relationships	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?
Renewal	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?
Wellbeing	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?



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ALIGNING • AWARENESS • APPRECIATION
FEELING • FLOWING • FREEING

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



Sandy Hinden

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sanfordhinden@verizon.net

1-516-815-4967

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