

The Flourishing Framework: The Daily 6

John 10:10

Grace Flourishing LLC

This audit is designed to help you incorporate six key practices into your daily routine that promote overall well-being and human flourishing.

Vitality Audit

1. Practice Intentional Stewardship: (Emotional & Physical Health)

- Choose one physical “win” (e.g., a 20-minute prayer walk) and one emotional “win” (e.g. naming three things you’re grateful for before checking your phone).

2. Find Grace in the Present: (Happiness & Life Satisfaction)

- Identify one “Selah” moment - a purposeful pause to enjoy a small blessing (a sunset, a cup of coffee, a child’s laugh) and acknowledge God as the source.

3. Live with Kingdom Intention: (Meaning & Purpose)

- Before starting your work or chores, offer a “Breath Prayer” (e.g., “Lord, let my hands do Your work”). Ask how your specific tasks today serve a higher purpose.

4. Exercise Spiritual Grit: (Virtue & Character)

- Choose one “Virtue of the Day” (e.g., patience, humility, or kindness). When a stressful situation arises, intentionally respond through that virtue rather than reacting in the flesh.

5. Pursue Fellowship: (Relationships)

- Send a “Blessing Text” or make a brief call to one person in your “Inner Circle.” Share a word of encouragement or a prayer request to build mutual support.

6. Practice Trusting Stewardship: (Financial & Material Stability)

- Audit one “material stressor” (e.g., a messy room or an unpaid bill). Take one small, 10-minute step to address it, then release the outcome to God.