

## Sharpening Your **EDGE** Volume 3 - Issue 4



### *ARE YOU SURVIVING OR THRIVING?*

Many of us are surrounded by success. We have great jobs, loving families, and nice houses and cars, but instead of enjoying our lives, we are struggling - barely keeping our heads above water. Life doesn't have to be that way - it doesn't have to be hard.

I didn't understand that for a long time. For almost two decades, I was constantly pushing and struggling to get to where I thought I needed to be. From the outside, it looked like I was there. I had an impressive job at which it appeared that I was accomplishing a great deal. I was involved in the community, had a house in the "right" neighborhood, drove the "right" car and ate at the "best" places.

And, I was miserable. I worked all the time, even when I wasn't at work. I never turned off and always carried the stress and struggle with me - what had I forgotten, what was going to go wrong. I couldn't have been very interesting or very fun to be around. I didn't take care of myself and sacrificed enormously to try to take care of others. I let other people set my goals and I had the wrong priorities. I was doing lots of things, but they weren't the right things. I was a mess and no one knew it because from the outside everything looked great. There was a great facade on a crumbling building.

It all started because I didn't have a clear picture of what I wanted from my life or a way to deal with all of the things that life was throwing my way. What I've learned is that life doesn't have to be like that; feel like that. **You can thrive instead of constantly struggle to survive.**

To thrive is to enjoy the challenges in front of you and know that they are helping you grow and reach your goals. To thrive is to have a full life, not just work. When you are at work, you are glad to be there and giving 100%. When you are at home, you are completely engaged with your family, friends and for yourself, giving yourself time to renew and recharge.

--from a Thriving Effective Edge client

---

**Tip of the Month: What does Thriving mean to you?**

Thriving is more art than science, and what thriving looks like is different for each person at different times in their life. You've already taken the first step by getting a system to organize your work and priorities – the EDGE. You can't thrive if you are still struggling to maintain the day-to-day tasks.

First, decide what thriving means to you. Write out a statement or draw a picture that helps you visualize what it would mean for you to thrive.

Now, imagine, in the feeling of thriving, what changes you could make today to thrive – even if the change is in just one area of your life. For some, it's leaving the office at 6 pm instead of 7 pm or taking a walk through the neighborhood with the family after dinner or turning off the TV and reading a book. What will give you joy in your day? What will help you be better in all aspects of your life - at work and at home?

Find the one thing you can do today to start thriving and add it as a Project or Action to your EDGE system.

**Stop struggling, stop surviving, and start *THRIVING!***



***The Effective Edge 800.836.4020 [www.effectiveedge.com](http://www.effectiveedge.com)***

This message is provided courtesy of The Effective Edge.

To unsubscribe, visit [this link](#).

--

To update your preferences visit [this link](#)