

Contents

Introduction.....	7
-------------------	---

Flourishing Audit	16
-------------------------	----

Part 1 — Positive Emotion

The Feel Good Factor: How To Create and Savour Positive Emotion.....	21
--	----

Chapter 1: MONTH ONE — Create an Enabling Environment.....	23
--	----

- LOOK AFTER YOUR SPACE: De-clutter and De-stress..... 23
- To Do List, Planner & Printable Quotes 28

Chapter 2: MONTH TWO — Generate More Energy	30
---	----

- LOOK AFTER YOU! Sleep, Exercise, Eat, Relax and Play 30
- To Do List, Planner & Printable Quotes 42

Chapter 3: MONTH THREE — Harness Your Mind Power.....	44
---	----

- Boost Your Emotional Energy 44
- LOOK AFTER YOUR HEAD: De-Clutter and Focus Your Mind 50
- Learn From, Cherish, Then Let Go Of The Past 51
- Think Positive and Act Happy 61
- Planner & Printable Quotes 75

Part 2 — Meaning, Purpose & Engagement

Chapter 4: MONTH FOUR — Create a Meaningful Life/Career/Business with Purpose	81
--	----

- Purpose Provides Essential Guidance, Growth and Pride 81
- A Sense of Values and Belonging..... 83
- Define Your Purpose: Shining A Torch on Your Life's Work 84
- Find Your Strengths & Harness Your Abilities 93
- Create a Purposeful Business with a Values-Led Ethos..... 98
- To Do List, Planner & Printable Quotes 106

Chapter 5: MONTH FIVE — Sourcing Engagement and Enjoyment.....	109
--	-----

- How to Enjoy Your Life More & Optimise
The Quality of Your Experiences..... 109

• Get Immersed To Optimise Experience	111
• Grow With The Flow To Expand Yourself.....	114
• Choose Absorbing Activities To Boost Enjoyment And Gratification ...	117
• Find Your Sunshine in Life and Work:	
Do What You Love and Love What You Do	118
• Enjoy Your Work.....	118
• Enjoy Your Life: Bring Your Own Sunshine	122
• Flourish Toolkit: Pick 'n Mix.....	128
• 100 Well-Being Boosting Activities Checklist	130
• Mood Boosting Flourishers Reading List	132
• Mood Boosting Music Playlist	134
• The Flourisher Playlist.....	134
• To Do List and Planner.....	136

Chapter 6: MONTH SIX — Be Mindful and Practice Mindfulness137

• Find Your Inner Peace and Equip Yourself to Gain More Control Over Your Life	137
• Be Present in the Present.....	139
• Flourish Toolkit: Pick 'n Mix Mindfulness Techniques To Practice.....	144
• To Do List, Planner & Printable Quotes	147

Part 3 — Positive Relationships

Chapter 7: MONTH SEVEN — Make Family Relationships and Friendships Flourish151

• Cherish and Relish Family and Friendships.....	151
• Commit to Spend More Time With Other People.....	161
• Consider How You Communicate With Other People.....	166
• Behave Well: Flourisher Social Behaviour Is Kind, Patient And True... ..	174
• To Do List, Planner & Printable Quotes	176

Part 4 — Growth and Achievement

Chapter 8: MONTH EIGHT: Sustaining an Attitude of Gratitude181

• Enjoying Now And What You Already Have	181
• Harnessing And Practising A Powerful Attitude Of Gratitude	185
• To Do List, Planner & Printable Quotes	195

Chapter 9: MONTH NINE: Create a Vision and Set Clear Goals	198
• Defining Your Vision: What You Wish To Have.....	198
• Clarify and Set Your Goals	200
• Focus on Your Vision	203
• To Do List, Planner & Printable Quotes	217
Chapter 10: MONTH Ten — Self-Discipline and Persistence.....	220
• Focusing On Action To Get Results	220
• Enjoy The Journey of Growth	230
• To Do List, Planner & Printable Quotes	235
Chapter 11: MONTH ELEVEN — Master Time Management.....	237
• Create More Time and Get More Done	237
• To Do List, Planner & Printable Quotes	244
Chapter 12: MONTH TWELVE — Plan To Flourish	246
• Your ULTIMATE FLOURISH PLANNER.....	246
• Printable Quotes	253
An Interview with a Flourisher	254
Matthew Robertson MOMENTUM ADVENTURE	254
Conclusion	265
About the Author	269