

# 7 QUESTIONS: THRIVING

1. How do I define “Thriving?” Do I know what thriving is for myself? Others?
2. Have I ever seen people thriving, i.e. do I recognize what thriving looks like (No, not InstaThriving/social media-esque thriving, the real thing)?
3. As I continue to interrogate myself and exorcize the internalized messages of oppression - stereotype threat, impostor syndrome, etc.), what hard truths do I need to hear in order to embrace what it means to thrive?
4. Who do I trust in my Circle of Support who will tell me these hard truths in order to help me/us move forward?
5. If thriving is new to me, what can I do to not self-sabotage out of fear of experiencing something outside of the toxic, trauma-filled norm?
6. What are ways I can support the thriving of those dearest to me?
7. How am I celebrating with those who are thriving and not letting my Inner Critic dampen the moment out of fear or questioning my worthiness to thrive?