

5 Ways to Thrive and Truly Live in the NOW

What does it mean to thrive?

This term or catchphrase targets the title of my book!

LIVING IN THE NOW! The Secret to Making Each Day Your Best!

According to standard definition, TO THRIVE means to grow, to flourish, to prosper.

This is a beautiful term, something that resonates deeply with anyone who wants to encourage and inspire living in the **NOW**. In terms of wellness, to thrive means that we are constantly encouraging wellness within ourselves: within our bodies (**the Physical Plane**) and of course, within our minds (**the Mental Plane**).

This leads us to an awareness of an all-pervading sense of wellness within our spirit (**the Spiritual Plane**). To thrive is something beautiful and it is something that each of us can choose and can learn how to master.

How Do We Thrive?

We thrive, quite simply by allowing ourselves to be aware of our **NOW** and by encouraging and supporting ourselves to do so, **NOW**. Many people have tried to thrive, but they eventually give up because they think their life is just not cut out for finding what matters or they feel it is just too hard to keep focused on.

No matter how hard they try, something always gets in the way or pushes them back in the wrong direction. There are some things that we must understand about thriving, constantly evolving, growing, appreciating, and moving forward.

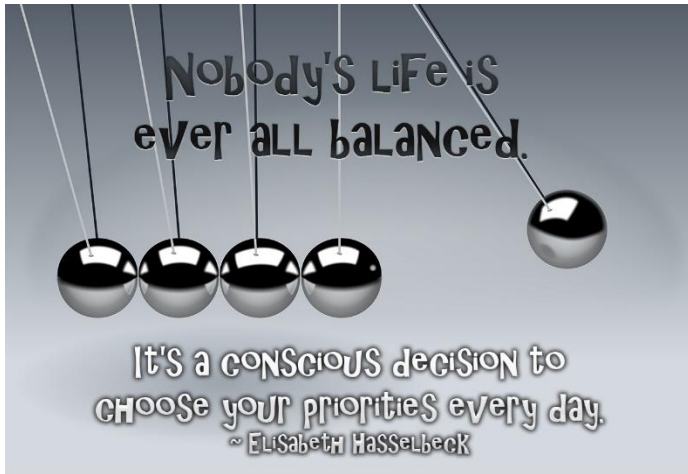
Knowing How to Thrive

To know how to thrive, we must fully understand the process. Thriving, though the definition is of growing, prospering, and flourishing is not always a case of thriving.

Sounds contradictory, doesn't it? Let me explain.

The tree that thrives in nature faces many obstacles. It faces potential destruction in its early stages by animals walking by that could possibly crush it underfoot. It must compete with all the other trees and plants in the forest to get the sunlight it needs and even when it has fully matured it must face gales and storms. Through all of this, it must continue to, in its very tree-ness, praise God as only it can do by its very nature.





Thriving is not actually something that is achieved; rather it is something that one must aspire towards. Within each NOW moment, we must accept that we will always be facing challenges on every PLANE, and it is all good.

It is essential that we face challenges! It is also essential that we overcome those challenges or at least have a mindset that will strive to overcome them. ***That's life!***

Let's Target 5 Ways to Thrive by Living in the NOW

Motivate Yourself – Without motivation, it is impossible to thrive. Motivation is inspired through passion, whether that is related to doing something for you or others. It doesn't matter what motivates you, use your motivation to thrive and be aware of your **NOW**. Use your **Mental Plane** to grow and to push you to the next level.

Accept all challenges – When you are challenged, you are forced to thrive. This doesn't mean that when somebody challenges you to a game of pool, and you win the match easily, that you are thriving.

No, a true challenge is something you find difficult, something that you cannot easily achieve, something that requires you to grow, or to learn a new skill, or to visit a new environment, or face a fear to achieve. This is truly thriving, pushing your boundaries, expanding your limits, forcing yourself to thrive and be happy and productive in the **NOW**.

Face your fears – Fear, in every case, is designed to limit us. By facing our fears, we are pushing ourselves into an area of life that we have been too afraid to visit. To truly thrive, we must want to be able to do anything and we must be disciplined enough to do everything without limitation. To do this, we must allow the conscious formation of habits and routines to power us for what life presents. We must create habits that will sustain us when challenges arise.

Everything that comes our way can be used as an opportunity to thrive and by facing our fears we will make the most of every opportunity within our **NOW**.

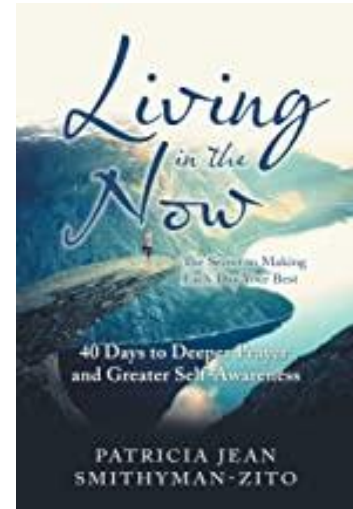
Balance – Balance your life from the perspective of Body, Mind and Soul. To truly thrive, we must develop a way of life that promotes balance. If we cannot take care of our body's wellness concerns (**the Physical Plane**) then our thinking (**the Mental Plane**) will struggle and the same goes in reverse. By developing balance physically and mentally, we allow our spirit (**the Spiritual Plane**) to thrive.

Develop respect and harmony – Living in the **NOW** with an awareness of respect and promotion of harmony in all things requires introspection, prayer, and balance on all three **Planes**. This is a process that is developed within and demands the very best of our true self.

If we cannot express ourselves freely, we cannot thrive. Learn to accept what happens around you and even become aware of what is happening within you. Everything brings us to our next **NOW**.

*“The **NOW** is all we have. The **NOW** is all we need!”*

Be selfless! Work on your 3 Planes found within the book’s 40 days to deeper prayer and greater self-awareness.



CLICK ON THE BOOK

Not only will you thrive, but you will see that everyone else you interact with will also, in their way, better live fully in the **NOW** because of your awareness and ability to thrive.

Patricia Jean Smythman-Zito

pjzito@zitoprohealth.com

“Be who God meant you to be and you will set the world on fire.” St. Catherine of Siena

Sharing is caring!

**Come Join the Journey ~ More Information
and Sharing NOW -**

www.facebook.com/groups/LivingInTheNowChampions

No part of this work may be reproduced, stored in retrieval systems, or transmitted by any means, electronic, mechanical, photocopying, recorded or otherwise without written permission from the author.