

## THRIVING BEHAVIORS

## TOXIC BEHAVIORS

ME

### PURPOSE



*Intellectual, philosophical and spiritual REFLECTION builds wisdom*

Takes Time to Think  
Reads Inspiring Works  
Into Lifelong Education  
Honest & Principled  
Meditates or Prays  
Does the Homework

Takes Notes  
Positive & Stable  
Grounded in Faith  
Smiles & Laughs

Constantly Distracted  
Watches Too Much TV  
Knows It All  
Lacks Integrity  
In Spiritual Poverty  
Ignorant  
Lets Wisdom Slip Away  
Pessimistic  
Cynical, Superficial  
Grim, Too Sarcastic

### POINTLESS



*DISTRACTION is the enemy of intelligence and illumination*

WE

### PEOPLE



*CONNECTION with family and friends creates a positive energy*

Loves People  
Has Good Etiquette  
Expresses Gratitude  
Takes an Extra Moment  
Respectful & Agreeable  
Forgiving  
Kind & Charitable  
Elevates Others  
Spices It Up!  
Sweet

Loves Stuff  
Inconsiderate  
Selfish & Ungrateful  
In a Rush  
Pushy or a Pushover  
Holds Grudges  
Self-Righteous  
Gossips, Profane  
Boring  
Bitter

### POISON



*ALIENATION of others is the surest path to misery and failure*

DO

### PRODUCTIVITY



*Physical, environmental and financial synergy fuels PRODUCTION*

Does the Chores  
Saves Money  
Eats Healthy, Hydrates  
Responsible  
Exercises  
Gets Enough Sleep  
Gets Checkups  
In Control  
Clean & Organized  
Does a Quality Job

Dodges the Chores  
Financially Reckless  
Eats Junk, Dehydrated  
Abuses Alcohol, Gambles  
Intends to Exercise  
Sleep Deprived  
Neglects Health  
Does Drugs, Smokes  
Accumulates Clutter  
Sloppy or a Workaholic

### PATHETIC



*DESTRUCTION comes from neglecting the fundamentals*

BE

### PROGRESS



*The highest satisfaction comes from continual PROGRESSION*

Has Written Goals  
Manages Time  
Punctual  
Devoted to Greater Cause  
Preserves Family History  
Into Hobbies, Music  
Keeps a Journal  
Maintains Calendar  
Keeps Checklists  
Makes a Difference

Wanders Aimlessly  
Wastes Time  
Often Late  
Serves as a Bad Example  
Lets Family History Fade  
Lacks Passion  
Loses Life's Lessons  
Oblivious  
Lacks Direction  
Just Gets By

### PERISH



*PROCRASTINATION is at the core of every meaningless life*