

FIVE THRIVE QUESTIONS TO ASK YOURSELF EACH DAY?

What purpose do I find in the activities that I will be involved with today?

How do I want to bring value today?

Regarding my academics, activities, and interactions, what do I want to choose to do today?

What am I grateful for today?

In what ways, did I make the most of the opportunities that I encountered today? (this question is for the end of the day)