

Why Creating a Thrive List Will Help You Build Resilience & Get Through Challenging Times

A few weeks ago, I came across a quote that has stuck with me ever since. It's this:

"Everything in life can be taken away from you except for your freedom to choose how you respond."

If you don't already know, this quote comes from Viktor Frankl, the Holocaust survivor who wrote the astonishing book *"Man's Search For Meaning."*

It's stuck in my head because what he says is true, isn't it?

We do have the power to choose how we respond to the challenges we face in our lives.

We can either give up and be flattened by the fear, the chaos and the stress. Or we can find a way to get through somehow, just as Viktor did.

Coincidentally, at the same time I read Viktor's words, I also discovered a powerful concept called a 'Thrive List' via a podcast I was listening to.

The author said that she made a list of the things that would help her thrive throughout life, especially during challenging times like these and suggests that listeners do the same.

So I did!

Now, I knew it would be fun to create, but I've been amazed at the effect it has had on my entire life!

It has forced me to look at how I spend my time and how I prioritise my life and wellbeing. It has helped me to find peace with the process of slowing down, reconnecting with friends, and doing things I've been putting off forever.

That's why I'm here to help you to do the same. Here's what you need to know.

Why create a Thrive List?

Your Thrive List will definitely provide greater clarity on what you really need in life and help you feel much more positive about what might lie ahead. After all, when you know what you need to feel good, you can start making sure they're part of your day!

But not just that. It can also help guide everything from your spending habits to your career and even your choice of partner.

I know for me it really opened my eyes! Many of the things I *thought* were important actually weren't and a lot of what I took for granted was just what I needed. All the things that I may have thought were important to have right now.

My Thrive List

After careful consideration, here's what ended up on my Thrive List (in no particular order):

1. **Time with my daughter.** Watching how much she has grown over the last couple of weeks has been amazing. Yeah, even with the 5.15 am starts!!
2. **My daily dose of Pilates.** Now that I've created this habit of daily Pilates, my body needs the movement each morning. Otherwise, I feel super tight, especially as I'm doing a lot of sitting right now.
3. **Oat milk.** It may sound silly but I have a little silent panic when I run out. :)
4. **Alone time.** I need 15 minutes on my own every day. Being mum to a young daughter means this can be hard to get sometimes. But having that time on my own to get my head in the game makes me a better person to live with, especially at the moment.
5. **Water.** When I forget to drink (I'm looking at three half-full glasses as I write this) I feel so lethargic!
6. **Time with my husband.** At the moment, time with him involves both of us on our laptops trying to get things done when [REDACTED] goes to bed. He's been working on tight work deadlines recently and we've been working on website updates together. Even though this isn't exactly like romantic quality time, right now it's working for us and that's all that counts.
7. **Netflix and CBeebies.** This 'lockdown' is testing my creativity to the max. I never thought I would say this but I am thankful for the educational programmes for her, and for the chance to relax and watch quality shows for us.
8. **Health food, supplements and greens.** I need these things to feel human and I've definitely felt it this week. Little Miss has been getting into everything lately so I hid my vitamins from her. Trouble is, now I have no idea where I've put them!!! Lol. This means I've had to rely on my food intake and start to get more creative than ever. Meal planning and prepping help so much. A good friend of mine has been making batches of soups and freezing them. I'm going to do the same this week as I have homegrown pumpkin from my little allotment patch (Oh I miss hanging out at the allotment!!)

9. **My essential oils.** Essential oils are so versatile and provide so many benefits. I've been using them to purify the air, make hand wash, make shower gel, combat my hayfever symptoms and lastly, and very importantly, to help with my mood.
10. **Technology!** I'll never take technology for granted ever again! My phone, Zoom, Facetime and all those other apps have really helped to keep connected with friends and family. I am super grateful that it's so easy to get in touch and see people this way.

Your turn: what will you put on YOUR Thrive List?

Now it's over to you. **Put pen to paper and write down 5-10 things that you need on a daily basis to thrive.**

If you feel like you need at least 30 mins alone time per day, then write it down. If you need exercise to feel great, then get it down.

Keep writing until you come up with a good handful of ideas. But be as specific as you can when you do so.

Write '*attend Barre classes three times per week*' or '*complete the Couch to 5K app*', or whatever you love to do instead of just writing 'exercise'. This will really help you drill down to what is truly important to you and perhaps uncover some surprises along the way.

Also, make sure you're being honest with yourself. If you don't care about exercise (*what's wrong with you????!*), then don't put it on there just because I have or your best friend has.

Find what makes YOU sing inside. You and only you.

So on that note, I'm going to send you off to do your homework now. What will go on your Thrive List? Were you surprised at what you thought was meaningful but actually isn't?

Go ahead and let me know in the comments below. point 📌