



Will You Strive or Thrive?

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How frequently in conversation do we mention the goals that we strive to attain? How often do we mention how our lives are blossoming and unfolding for us?

When we *strive* for success, status and respect, we often feel the energy of struggle. We even, very often, evaluate our striving and our accomplishments. With a minor change in the word *strive*, we create the word *thrive*. Then the energy transforms from that of struggle — to that of ease.

A recent study of “high thrivers” by Jane A. Coddington reveals three clusters of characteristics infused with a recurring theme:

- *Self with a capital “S”* — High thrivers are in touch with their essential self, authentic, expressing themselves in the world, engaged in learning and evolving.
- *Passion, purpose and path, the capital “Ps”* — Fueling their passion dwells a sense of something greater still that they are called to.
- *Connections with a capital “C”* — Relationships, family, friends, co-workers and a greater whole, community locally and globally, occupies a central place in the lives of high thrivers, accompanied with a strong desire to give back.

Finally, the “Abundance Mindset” infiltrates all of these characteristics, infusing each with its richness of expansive possibilities.

What if we envisioned 2008 not only as a year to accomplish specific goals but as a year to begin to balance striving with thriving?

We each need to explore how we can move from a state of continual striving — with its stresses and pushes — to a state balanced with thriving and its sense of fulfillment and wellbeing. People who *thrive* embrace developing and becoming as an ongoing process with no defined endpoint when they are “done.”

While preparing for 2008, reflect on your sense of self. Is it strong? If not, think of the times in your life when you have met challenges successfully. What characteristics did you display? Gallup poll research indicates that most of us underestimate our strengths. Ask your friends; they know your strengths. Interview three friends, asking them, “What are my strengths? What would you come to me for? Why would you come to me?” A strong sense of self does not reflect an egotistical self, but emerges from knowing who we are, authentically. This knowledge looms essential because no one else can bring the unique combination of talents and gifts that you have into the world except you. Who are you to deprive the world of your genius?

How strong is your passion? Have you lost your passion? Do you dream big enough? Is it time to reconnect with the passion that fuels your purpose and path? How clear is your purpose and path? Now that we are living longer in a more dynamic world, many of us are finding different ways to express a passion in a new purpose and path. Is 2008 a year to rekindle your big dreams and clarify your purpose and path?

Connections provide the crucible that fires our essence. It is in relationships that we come to know who we truly are. Yet many of us turn

away from difficult relationships and some isolate themselves. Whereas certain circumstances, such as those of abuse, warrant such action, many others do not. Is 2008 a year to reconsider lost relationships, strengthen tenuous ones or forge new relationships?

A single neuron is unable to effect an action. It takes a string of neurons communicating for us to see, touch, feel, talk and walk. The body teaches us that relationships are fundamental to life. Are you suffering from severed relationships? Maybe 2008 will be a year of forgiveness and reunion. We must create peace on a person-to-person level before it will appear on a nation-to-nation level.

Finally, the abundance mindset infuses all the other characteristics with a deep expansiveness that gives us a sense of self. That sense of self is rooted in our knowing that we are beings constantly permeated by a live, unlimited, giving force that keeps us in existence. How can we have a small sense of self when we know our true origin? When we understand that our passion, seeded in our being, calls forth our greatness — who are we to question the biggest of our dream? Since each and every one of us is infused with the same life force, how can we judge each other and sever relationships when they become difficult?

We have the means to transcend the problems and forge deeper relationships. Explore the dimensions to thrive in 2008 — as well as to strive.

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