

## **Are You FLOURISHING?**

Friday, August 1st, 2014

A note from Marijo Bos –

### **Are you flourishing?**

Take a break this summer to **explore how to generate more passion for what you do, the journey you're taking and the story you're making.** PWN Global will be creating experiences to support you on this journey when you come back from the summer holidays. Our quest is your quest – to achieve stronger overall wellbeing, a feeling of happiness and an environment in which you flourish. [11]



What does well-being mean to you? [12] Well-being is a BIG word and it encompasses many different aspirations – happiness, positivity, resilience, a sense of purpose, to name a few. Summer is the ideal time to explore the different tools that you can use to help enrich your WHOLE life and reach a higher level of overall wellness

I'd like to share a few well-being boosters that I'd encourage you to take some time to reflect on and experience under the warm summer sun.

Mindfulness meditation is getting a lot of attention these days and for good reason. Research is showing that it positively impacts many areas in your life from openness and creativity to resilience and health. Give these short 3-minute breathing space practices and the longer meditational experiences a try.

<http://franticworld.com/resources/free-meditations-from-mindfulness-for-health/>

<https://www.youtube.com/watch?v=AKQAmtfra3k> with Jon Kabat Zinn

or download this app, <https://www.headspace.com> so it's ready when you are.

### **Purpose, how to find it, nurture it and keep it.**

It's recognized as a key ingredient to strengthening happiness and so how do we inspire this from the inside out? From Arianna Huffington's *Thrive* and the Harvard Business Review article *Purpose to Impact* to Srikumar Rao's *Happiness at Work*, and the numerous pieces on goodwill making for A Better World, there are wonderful resources to help you customize a well-being plan that matches your life and that of your organisations

And finally, if you want to quantify and review how you're doing on your personal happiness plan, you may like this positive resonance tool on finding happiness and moments of personal connection,

<http://www.positivityresonance.com/tools.html>

I hope you find something that resonates with you and that you give it a try this summer. What do you have to lose...other than a bit of stress.

Enjoy your time off.