



Living in Full Bloom Checklist

1. Embrace Your Uniqueness: Celebrate your individuality. Remember, there's no one else like you, and that's your power. You are fearfully and wonderfully made!
2. Harness Your 'Quit not Grit': When challenges arise, and they will, remember who you are—you're made of grit, not quit. Lean into the struggle, and see every challenge as an opportunity for growth, especially when there is nothing that can be done to change what is.
3. Fuel Your Life with Purpose: Identify what truly matters to you and let it guide your actions. Remember, living a life on purpose is living a life in full bloom.
4. Cultivate Gratitude: Make a daily habit of acknowledging the good in your life. Even the smallest petals contribute to a blooming flower.
5. Harness the Power of Now: Don't let the past or future steal your present. Life unfolds in the present moment. Be here now.
6. Be a Vibrant Visionary: Visualize your life in full bloom. Remember, before a gardener sees a flower, they see a seed. Nurture your dreams with the same care.
7. Cultivate Resilience: Accept that setbacks and 'wilted days' are part of growth. Like a dandelion determined to grow, even through the sidewalk, your ability to push through makes you stronger.
8. Commit to Lifelong Learning: Keep your curiosity alive. The richest soil for your growth is the joy of discovering new things. There's joy in learning.
9. Radiate Positivity: Like a sunflower following the sun, turn towards positivity and spread light wherever you go. Your life will change and so will the people your light touches!
10. Nurture Deep Connections: Reach out, connect, and cultivate relationships that enrich your life. Like flowers in a garden, we bloom best when we grow together.

Remember, living in Full Bloom means embracing life with all its thorns, weeds and blossoms. Use this checklist as your guide to flourish vibrantly, purposefully, and beautifully.

