



# UNLEASHED *You*

## Flourish Forward

REST REFLECT RECLAIM

### My Values Questions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Rewrite the Story

Old story I've been telling myself:

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My new flourishing story:

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### The FLOUR Practice

**F** – Feel: Notice emotions. Recognize where you are.

**L** – Listen: Tune into body, spirit, and trusted advisors.

**O** – Observe: Slow down. Pay attention to others and yourself.

**U** – Understand: Perception is reality, give grace.

**R** – Recognize: Celebrate your strengths and wins regularly.

### And Then Comes the ISH...

Life is chaotic. Messy. Unpredictable.

When the ISH shows up, remember:

- You don't have to fix everything.
- You can pause.
- You can breathe.
- You can still flourish, even in the ish.

“Even in the ish, I Flourish Forward!”