

5DTHRIVE

SICK

WELL

FIT

And you shall love the LORD your God

- with all your heart (SPIRITUAL)
- and with all your soul (EMOTIONAL)
- and with all your mind (COGNITIVE)
- and with all your strength. (PHYSICAL)
- ... you shall love your neighbor. (RELATIONAL)

- Mark 12: 30-31

S
SPIRITUAL
Withdraw,
Gather,
Obey.

E
EMOTIONAL
Notice,
Interview,
Manage.

C
COGNITIVE
Learn,
Focus,
Play.

P
PHYSICAL
Eat,
Move,
Recover.

R
RELATIONAL
Discern,
Invest,
Grow.

