

Flourish!

Choose well – Think well – Live well

Choose Purpose!

There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all. 1 Cor. 12:4-6 NJKJV.

We need to know that what we do is valuable, and it is valued by God and others.

Start a project that you can enjoy working on for a few minutes every day.

- **Make a list of all the things you enjoy doing well.**

Choose to do one of the chores in your home in the best way possible. Find a way to make it fun!

Use one of your special skills to bring joy to someone else.

Make a timeline/history of one of your favourite skills to help you notice its development and all the effort you have put into it.

Send a short note of appreciation to a family member, classmate, or colleague, for something they have worked hard at, and done well.

Work together as a family on a special project that blesses other people. Make soup, care for someone's garden, redecorate a room, pick up litter, etc.

Write each person's name on a different sheet of paper, pass the papers around the circle, and write on each person's sheet some of the things they do well.

- Write a thank you note to someone who helped you to develop one of your skills. Who could you share the skill with?

- Ask a member of the older generation to teach you a skill they learnt when they were young. Enjoy your time together.