Thrive by choice, not by chance

Living a 5-Star Life

A 5-Star Life isn't about perfection or every day being sunshine and rainbows. It's about awareness and intentional living: knowing where we are, and choosing how we move forward.

The 5-Star Continuum

★ Defeated	**Disconnected from your values, self-worth and relationships. Overwhelmed. Please reach out for support.**
★★ Surviving	**Just getting by. Life feels like a constant struggle with little relief.**
★★★ Existing	**Outwardly stable, but stuck. Not unhappy, not happy. "Is this all there is?"**
★★★★ Thriving with grit	**Pushing through challenges with perseverance. Purpose and joy are present and worth the effort.**
★★★★★ Thriving with ease	**Grounded, confident and in flow. Challenges are met with grace and harmony.**

Living a 5-Star Life means

- Recognizing when you need support, and being willing to accept it
- Exploring new possibilities with curiosity
- Letting go of judgment and control while embracing growth

Define your five-star day

Thriving looks different for everyone. What would a five-star day look and feel like for you? Write it down, read it often, and take one small step toward it today.

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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