



Grow, Rise & Thrive

Love the Life You Worked So Hard to Create

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Founder, Breakthrough Performance
High Performance Coach

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MELINDA DRANSFIELD

Connect with Me:

- 1-1 and Group Coaching
- Team and Organizational Training
- Keynotes and Workshops

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Are you Surviving or Thriving?

Positive Emotion Daily	YES	Avoidance Zone	THRIVE Zone
	NO	Survival Zone	Anxiety Zone
		NO	YES
		Future Vision	

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THRIVE:

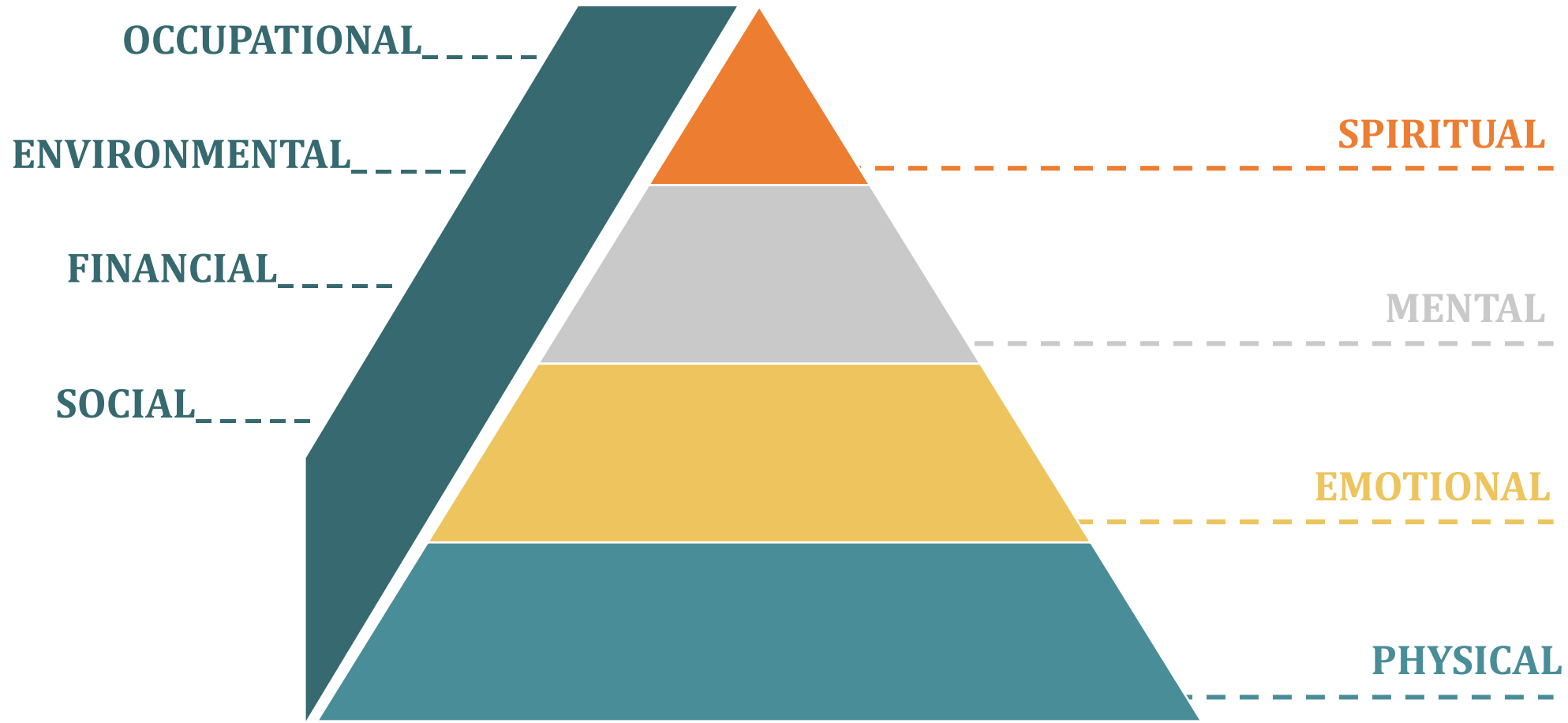
To grow vigorously and
achieve success while
maintaining your
health, happiness &
positive relationships.

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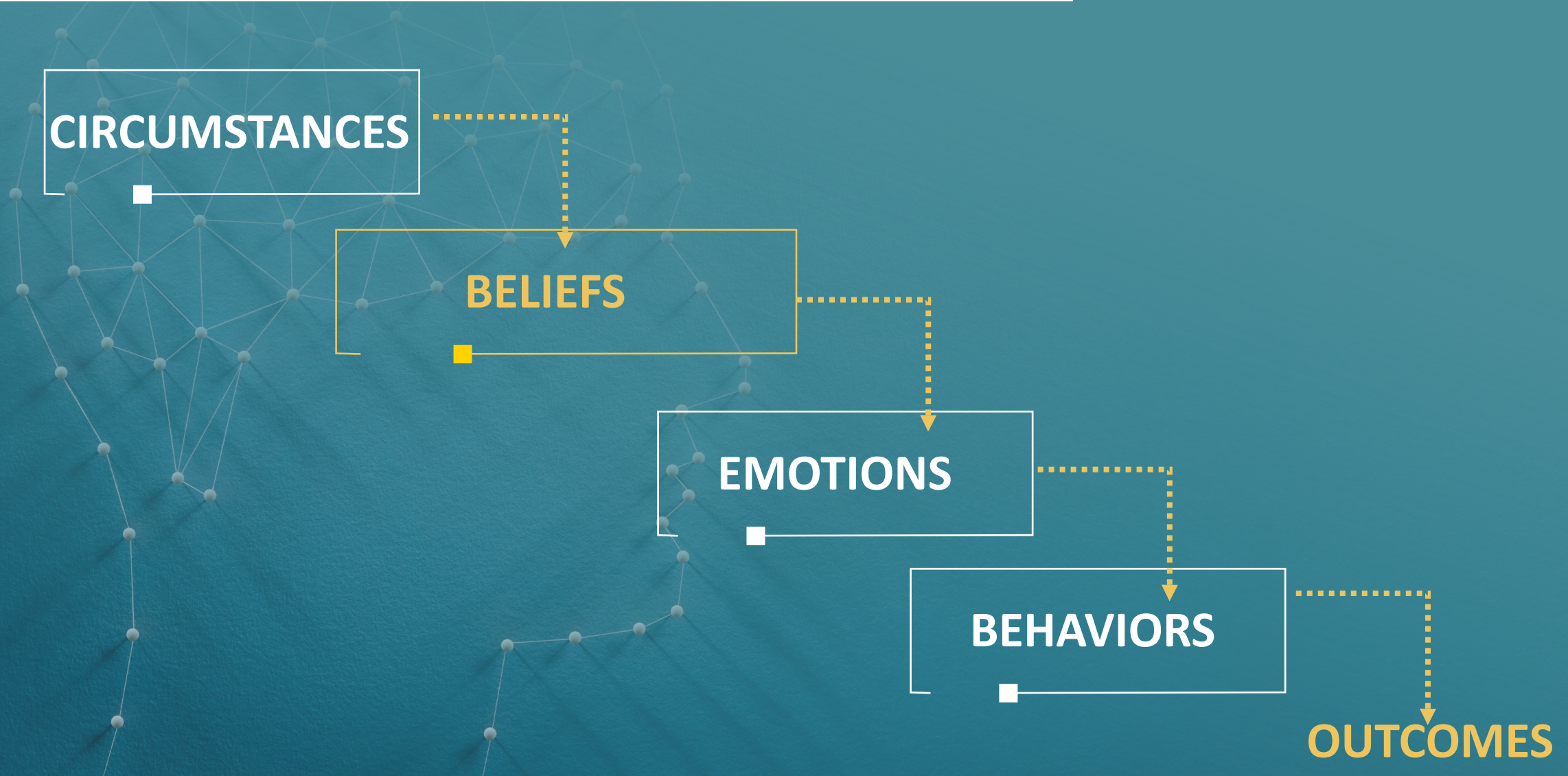
3 Principles To THRIVE

1. You **THRIVE** When You **Grow** Across **8 Dimensions**



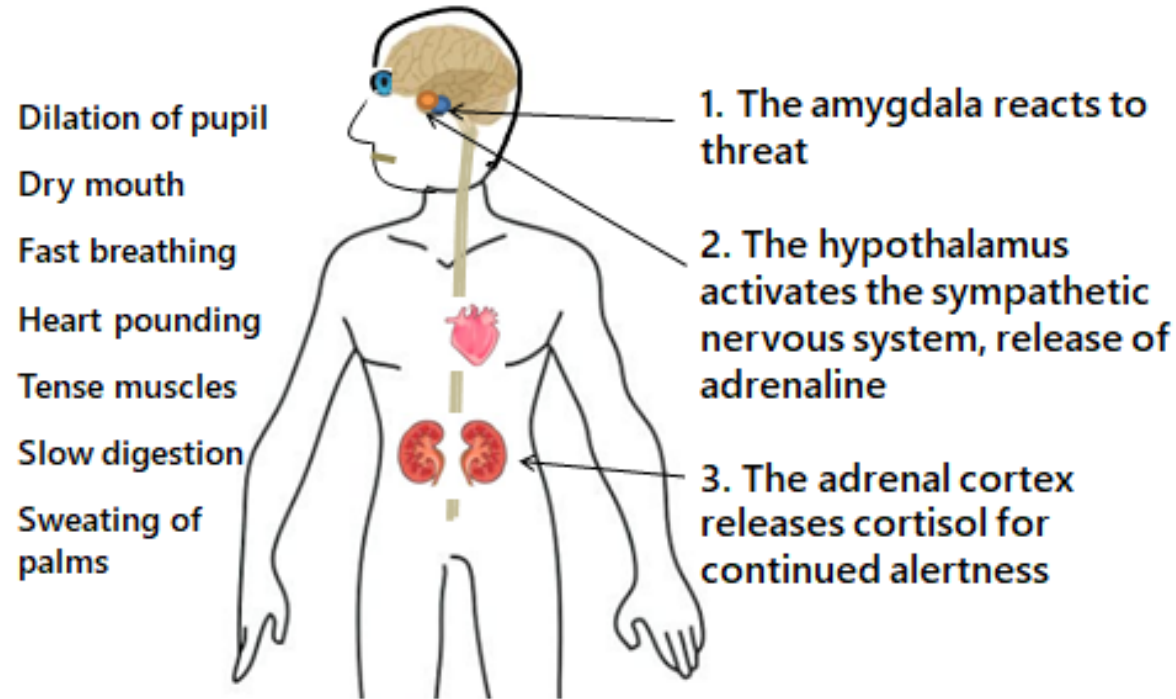
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2. Your **Beliefs** Drive Your **Outcomes**



3. Your Mood, Your Energy, Your Attitude – Your Choice

The fight or flight response



**Our Stress Reaction is Out of Our Control,
Our Response Is Within Our Control**

Power to
Choose

STIMULUS



Actions

RESPONSE

How do I want to
show up in this
moment?

3 Strategies To THRIVE

1. Live an Aligned to Who and What Matter Most

An aerial photograph showing a two-lane asphalt road that curves through a dense forest of trees with vibrant autumn foliage in shades of orange, yellow, and brown. To the left of the road is a calm body of water with a light greenish-blue hue. The scene is captured from a high angle, looking down on the landscape.

Alignment: When your purpose and values are in daily alignment with your actions.

2. Seek Clarity



[Seek Clarity]

1. Set Intentions

2. Daily Priority List

3. Time Block





3. Oscillate Between Work and Recovery

Ultradian Performance Rhythm

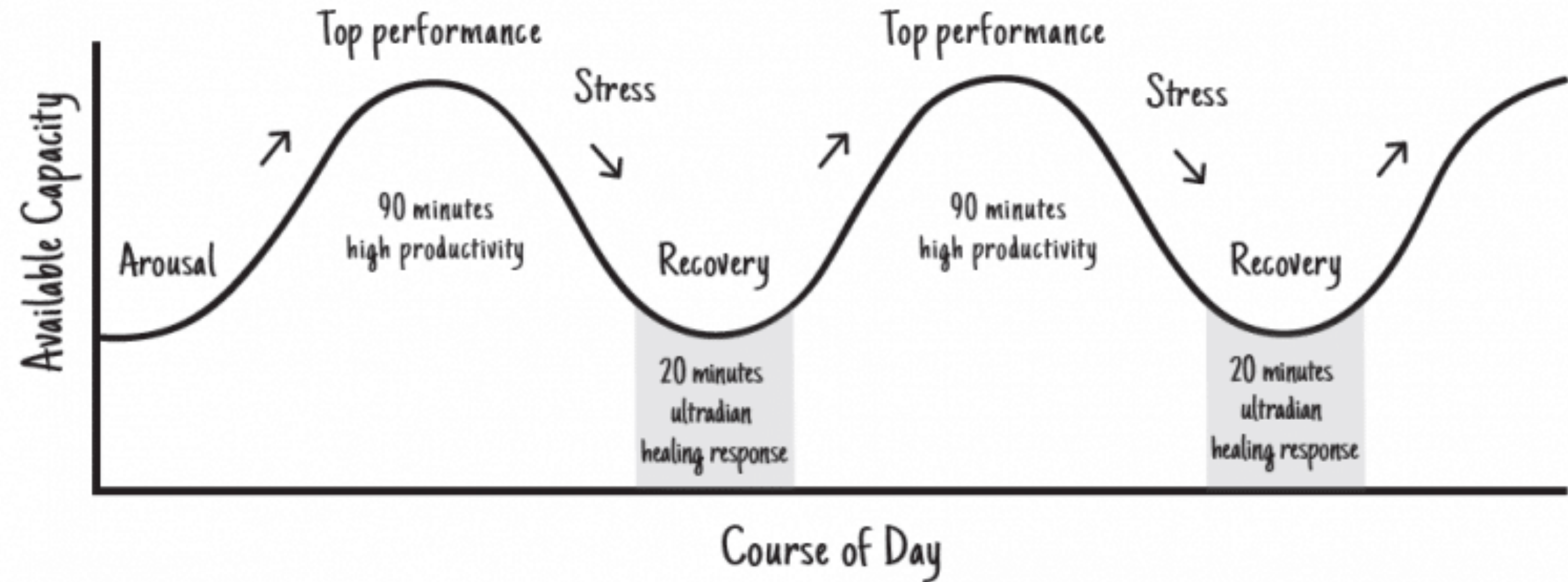


Illustration adapted from *The 20-Minute Break* by Ernest L. Rossi, PhD (Tarcher Putnam, 1991)

3 Habits To THRIVE

Habit #1: Cultivate Gratitude

G.L.A.D. Technique

- **G** – 1 thing you are **GRATEFUL** for today
- **L** – 1 thing you **LEARNED** today
- **A** – 1 small **ACCOMPLISHMENT** you did today
- **D** - 1 moment of **DELIGHT** that touched you today

For 30 days, do this exercise trying to capture **different things** each day.

Habit #2: Nurture Relationships

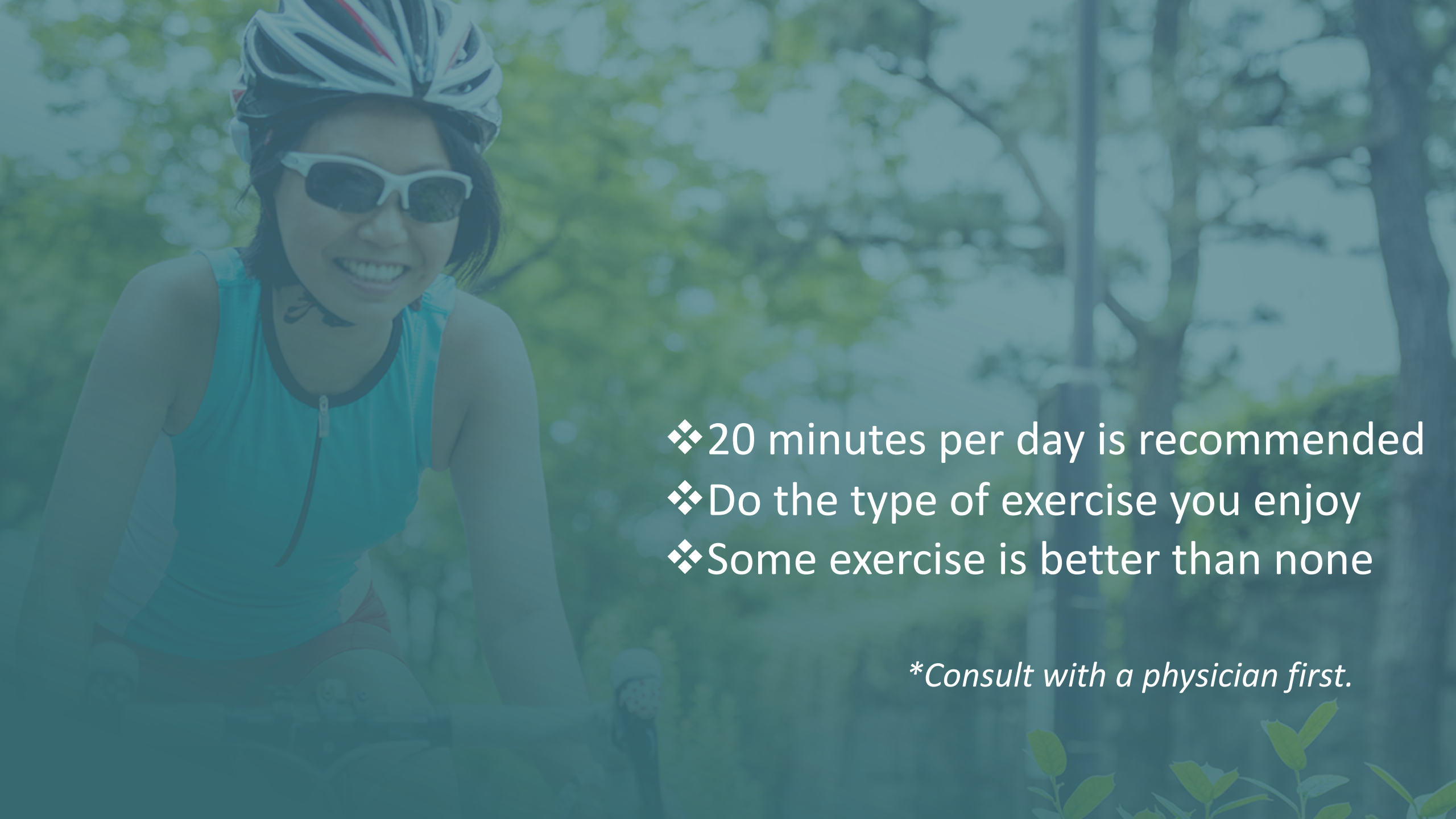
- Ask yourself: What is 1 kind or thoughtful act I can do today?
- Simple Option
 - Text or message 1 person
 - Praise them or thank them





Habit #3: Move Your Body

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- ❖ 20 minutes per day is recommended
 - ❖ Do the type of exercise you enjoy
 - ❖ Some exercise is better than none

**Consult with a physician first.*

*Each moment describes who you are
and gives you the opportunity to decide
if that's who you want to be.*

- Bruce D. Schneider

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