

# LANGUISHING VS FLOURISHING

Draw an X on each line to mark where you feel you are today on the languishing-to-flourishing spectrum.

## LANGUISHING

## FLOURISHING

### DISCONNECTED

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Withdrawn, alone, unsupported, isolated, lacking solid and vibrant relationships.

### CONNECTED

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Enjoying mutually supportive relationships, feeling accepted, seen and loved.

### IN A FOG

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Lacking direction in life, pulled in too many directions, adrift, fuzzy priorities, lacking perspective.

### FOCUSED

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Having clarity about what matters or what you are called to accomplish, a sense of direction and perspective even when the specific steps aren't clear.

### EMPTY

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Lacking purpose and meaning, blah, hopeless, without color, beauty, or vibrancy. What's the point?

### PURPOSEFUL

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Believing that you matter, and you can make a difference. Faith and hope that life is worth living and God answers prayers.

### UNMOTIVATED

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Uninspired, lukewarm, disillusioned, lacking the energy or gumption to do things. Why bother?

### MOTIVATED

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Feeling confident and able to pursue important things, willing to tackle hard choices and make worthwhile lifestyle changes.

### STAGNANT

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Feeling stuck, unable to grow or change, unimaginative, bored, boxed in.

### ALIVE

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A zest for life, eager to grow and change, filled with creativity, imagination, and a willingness to try new things.