

# FLOURISHING

iLR

imagine listen respect

the language of our Values Culture

## MIND

### FLOURISHING MINDS

Actively **engaging** in learning.

Having a sense of **accomplishment**, setting, working toward and achieving goals.

Applying a **growth mindset** to overcome challenges and build resilience.

## SOUL

### FLOURISHING SOULS

Finding **meaning** in life - discovering who we are called to become.

Finding **purpose** and **joy** in giving and receiving love through deepening relationships with self, others, God and creation.



## HEART

### FLOURISHING HEARTS

Enjoying positive **relationships**.

Savouring and building upon positive **emotions**.

Demonstrating **gratitude** for our God-given gifts and talents and responding in loving service.

## STRENGTH

### FLOURISHING STRENGTHS

Honouring our bodies with **healthy choices**, exercise, good sleep and recreation.