



HARD QUESTIONS

Hard Questions

Questions

We are faced with them daily. In fact, so many questions swirl around us that most of them probably go unnoticed.

*"Would you like that super-sized?"
"Paper or plastic?"
"May I have a cookie?"*

Clearly, some questions are easy. But, others are less so. And, when faced with those look-deep-within questions, we've got a choice. Ignore...or do the hard work.

Well, in this month's edition of **EA Insights**, I've got a tough one for you. Please don't ignore it! Our topic is thriving vs. surviving.

My hope is that, if you're not already in the thriving camp, you won't settle for less any longer. Choose to make *thriving* your goal!

All the best,

June

June Melvin Mickens
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Is It Thriving...or Just Surviving?

June Melvin Mickens
Executive Advantage, LLC

I have a question for you: Are you *thriving*...or are you just *surviving*?

It's tempting, I know, but don't brush by this one. This, perhaps, is the most serious question you can ask yourself today.

Are you *thriving*...or are you just *surviving*?



Please know that there is a real difference between these two states of being.

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"Quotes"

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."
~Maya Angelou

"Everyone thrives most in his or her own unique environment."
~Marilu Henner

"As tough an idea as it often is to stomach, the best way to thrive in a world that requires grunt work is to stop seeing it as grunt work."
~Ryan Holiday

"I've enjoyed the process of understanding who I am through my work and who I am in relation to others: the intense collaboration that acting requires and thrives in."
~Holly Hunter

You're likely to be thriving if you are excited about the day ahead.

When the alarm rings in the morning, or if your eyes open ahead of the alarm, do you feel a rush about what lies ahead for the day? Do you have a tingle about the items on your to-do list? Do you actually looking forward to the workday, not simply to its end so that you can be free?

You see, one sign of *thriving* is having positive anticipation about the activities of the day ahead.

You're likely to be thriving if you become engrossed in the activities of your day.

A person who is thriving tends to get lost in what he or she is doing. You get so wrapped up in the work that you look up and 1, or 2, or 4 hours has gone by before you know it. The work is riveting; you become absorbed in it; and time just seems to fly.

When you're *thriving*, clock-watching isn't a part of your mindset because it's a joy to immerse yourself in the day's work.

You're likely to be thriving if you enjoy the atmosphere and the people who surround you.

Another sign of thriving is an appreciation of the environment in which you find yourself and the people who join you in it. The atmosphere allows you to flourish. The engagement you have with colleagues -- whether encouragement or friendly competition -- feeds you and helps to bring out your best.

People, just as plants, need conditions that are right for them to blossom. When such conditions exist, the stage is set for thriving to occur.

You're likely to be thriving if you feel fulfilled by what you do.

When the day draws to a close, do you look back with a sense of accomplishment? Do you feel rewarded by the work undertaken and/or the people touched? Although there still may be a long way to go, do you smile at the progress made?

Evidence of *thriving* exists when you experience satisfaction in what you're doing. You're fulfilled by the effort you've put in as well as by the internal and/or external results you see.

As I said before, there's a real difference between the two states.

The former state -- thriving -- is wrapped up in living life to the full. If you're in that space, good for you! Don't get lax, though; you have to be diligent about holding on because it takes effort to continue living this way.

The latter state --surviving -- is about settling, getting by, faking it til you make it. If you find yourself in that space, why are you there and what are you going to do about it? You see, we all experience circumstances that we must survive...for a while, but remaining in survival mode is a choice. So, are you willing to choose something more?

At **Executive Advantage**, we've seen many people and organizations existing in survival mode. Because of that, our goal is to help people build thriving businesses and careers. Isn't it time that terms like *excited*, *engrossed*, *engaged*, and *fulfilled* describe you? Make the choice to thrive! And, if you'd like support, we're here to help you. [**Contact us today.**](#)



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About Executive Advantage

At **Executive Advantage**, we are committed to providing results-based business and management consulting, leadership development, and coaching support. We partner with business leaders to build healthy, well-functioning organizations, where goals are met and people thrive. We also partner with individuals to create professional (and personal) lives with clearer direction, improved results, and greater balance.

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"I'm having a ball. I'm not slap happy. I'm just filled up with joy and with peace and with all kinds of things that have eluded me for quite a few years. And they're back and they're thriving."
~Liza Minnelli

"I always thought the point of life was something richer than that. Something full of great tragedy or comedy, reversal of fortune, ecstasy, that kind of thing. But no, [people] seem satisfied with the merely livable, which always sounds to me like the merely survivable, the not so bad."
~Jonathan Raymond

"I love producing. I am loving doing that. I think that is my most natural space in the business. I just love producing or editing and that's where I thrive."
~Will Smith

"You surround yourself with amazing, grade-A talent, and you're going to have to lift your game. You kind of thrive just by being around such people."
~Joe Lo Truglio