

The Oaks Wellness Model

Thriving Community Worksheet



Welcome! As you explore the Thriving Community course, we hope that you will discover how surrounding yourself with a healthy community can be a major asset in building your overall wellness. We also hope you will be frequently reminded that you are not alone and that your life is incredibly meaningful to others as well. Use this course to take practical steps to begin strengthening your community- today!

What does the word community mean to you?

Do you believe that it impacts your life? How?

Community is seeing _____ as part of a greater _____ and loving and _____ others.

The truth is that people need your unique gifts. No matter how you are feeling today, you can choose to reach out to be a part of something greater! You can choose to "Bloom where you are planted," to _____ or prosper and flourish.

Do you believe that? Why or why not?

By simply building awareness you can increase your ability to grow! And **YOU ARE WORTH IT!**

Notice which types of community you already experience. Check all that apply.

Family

Church Family

Coworkers

Neighbors

Friends

Social

For each type of community you checked, think about how you feel when you are present with that person or group of people. Do you need to adjust or improve any types?

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Which one are you most thankful for at this time?

Building community brings a sense of _____, support, and a greater sense of _____ to our lives. But be careful: community is **NOT** about us.

Focusing on **helping others** and **serving them** actually builds a greater sense of purpose in us, and we **ALL** have something to give.

To build community, think about your interests, values, and beliefs.

Interests are things you enjoy doing, like reading, gardening, playing sports, etc.

Values and **beliefs** are what you believe is important in how you live your life, like caring for those in need or fighting against injustice in the world.

Not sure about any of these? No worries at all. Just begin to pay attention to what makes you feel joyful or most like yourself, then seek more opportunities to do those things.

List 2 ways that you can begin to build additional community into your life:

Goal #1:

Goal #2:

Now, get specific- when and how will you get started and make progress?

Goal #1:

Goal #2:

And remember...we'll take **PROGRESS** over **PERFECTION** any day!

What is one small step you can take towards building a healthy community TODAY?