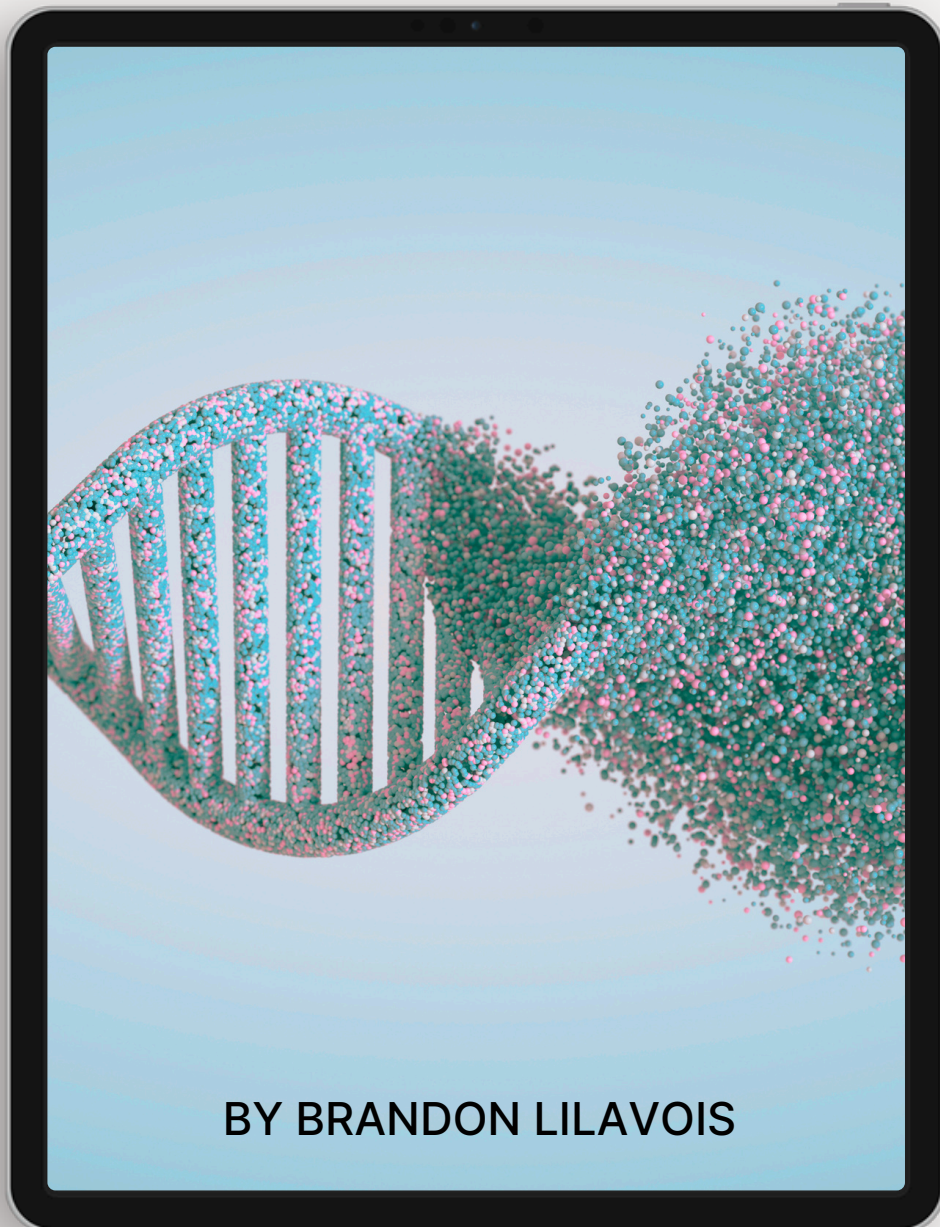


# THRIVE FRAMEWORK

YOU WERE BORN TO THRIVE, THIS IS A REMINDER.



BY BRANDON LILAVOIS

ENJOY YOUR JOURNEY

# Welcome

Join me, and let's walk together through a reminder of personal power and actionable tools for sustainable success.

We are meant to live in power, feel great, be pain-free & achieve our goals.

You are one decision away.

- *Brandon*



FOLLOW ON INSTAGRAM

BOOK YOUR COMPLIMENTARY CALL

WEBSITE

# THE THRIVE FRAMEWORK:

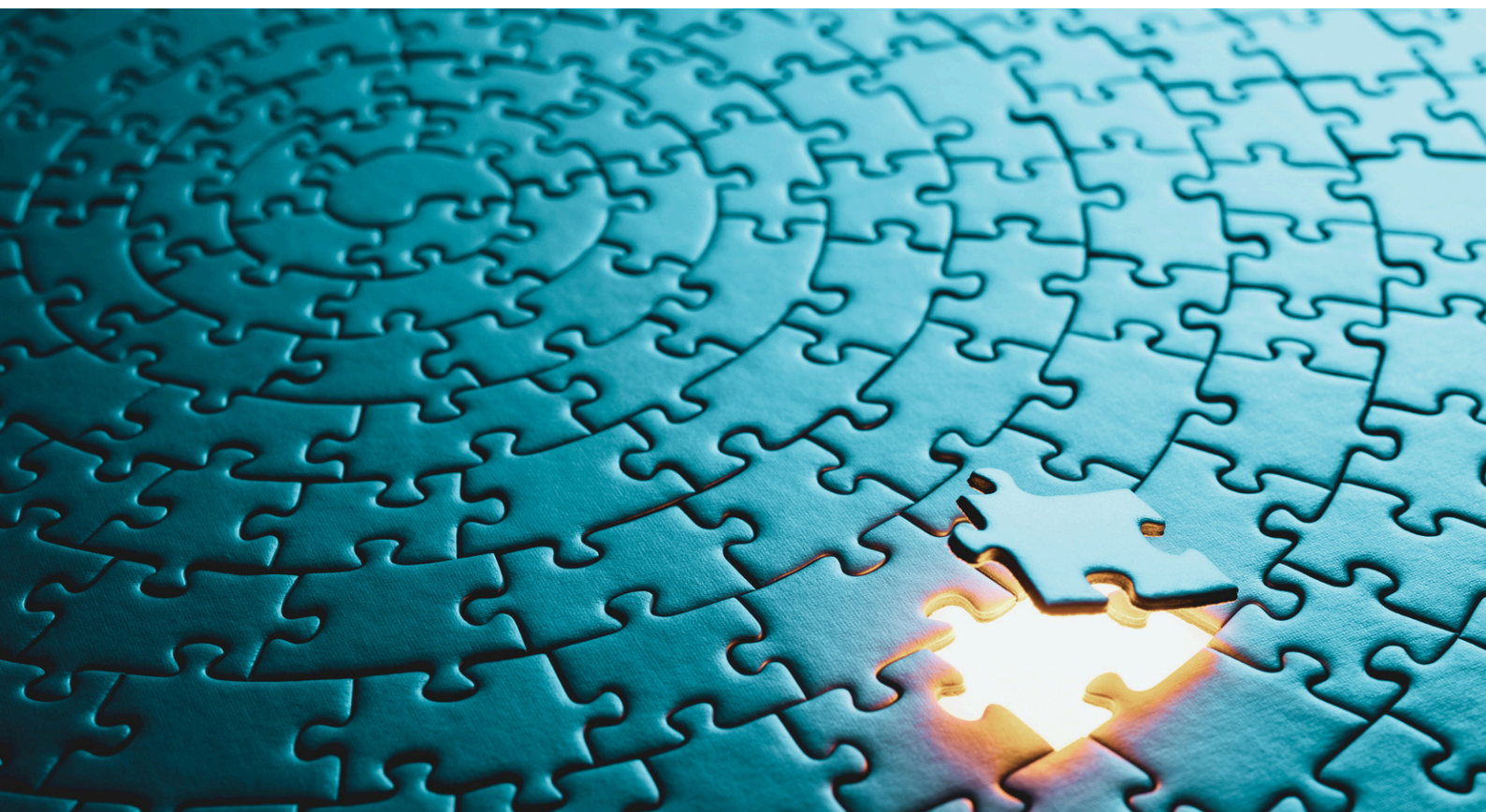
Unlock High-Performance in Work and Life

## The Missing Piece to Achieving Your Next-Level Success

You're already successful, but staying at the top—or reaching even higher—requires a smarter, more sustainable strategy.

That's where the THRIVE Framework comes in: six key pillars designed to help you maximize focus, energy, and results while avoiding burnout.

This quick-start guide highlights the essentials of the THRIVE Framework to inspire your next move toward greater success in work and life.





# T- Targeted Priorities

## Focus on What Matters Most

High achievers often fall into the trap of doing too much. Real success comes from focusing on the few priorities that create the greatest impact.

### Quick Tip:

#### The 3x3 Rule:

At the start of each day, list the three tasks that will have the biggest impact. Focus only on completing those tasks before tackling anything else.



# H — High-Energy Habits

## Your Energy Is Your Edge

Without consistent energy, performance suffers. Creating sustainable routines helps you stay sharp and productive, no matter what.

### Quick Tip:

#### The Power Hour:

Dedicate 20 minutes each to movement, mindfulness, and goal-setting every morning to supercharge your day.



# R – Resilient Mindset

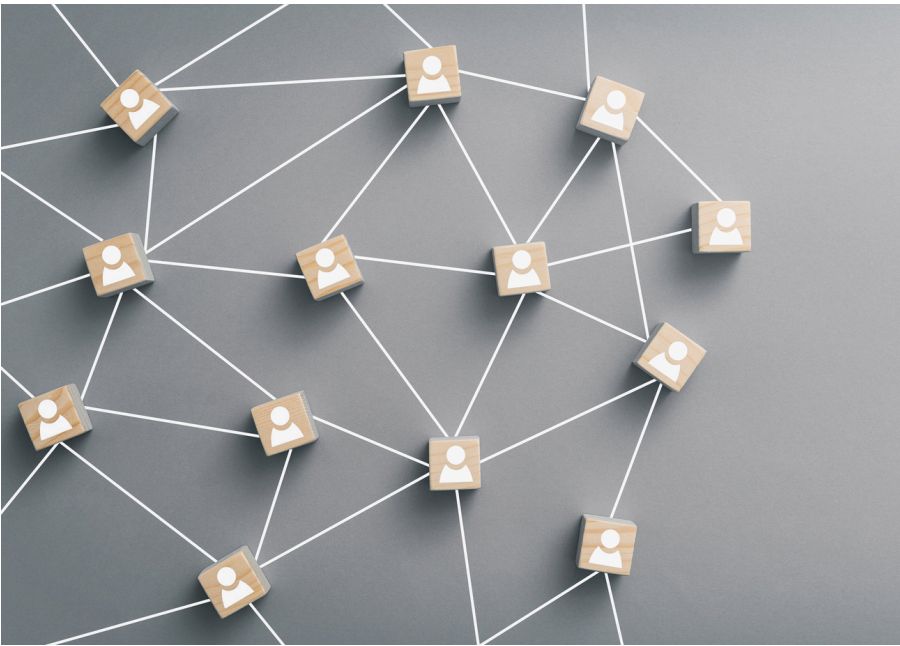
## **Bounce Back Stronger**

Resilience isn't just about surviving challenges—it's about thriving through them. Shifting your mindset from “Why me?” to “What can I learn?” will help you turn obstacles into opportunities.

### **Quick Tip:**

Practice reframing:

When faced with a setback, ask, “How can this help me grow?”



# Intentional Communication

## Connect with Confidence

Your ability to communicate with clarity and purpose directly impacts your relationships and results.

### Quick Tip:

Before any important conversation, ask yourself, “What outcome do I want to achieve?” This ensures your words align with your goals.



# V — Vision That Inspires

## Create a Vision That Pulls You Forward

A clear, actionable vision provides direction and motivation. It's not just about where you want to go—it's about how you want to feel along the way.

### Quick Tip:

Write down one bold goal and identify three specific actions you can take to move closer to it this week.





# E – Elevated Execution

## **Consistent Action = Consistent Results**

Execution separates dreamers from achievers. The secret? Small, focused actions done consistently.

### **Quick Tip:**

End each day by reviewing what worked, what didn't, and what to improve tomorrow.



# Conclusion

You've now seen the power of the THRIVE Framework!

Imagine what's possible when these strategies are tailored specifically to your goals and challenges.

## **Next Step - Choose Your Path:**

1. **[Book Your Free Strategy Call](#)**
2. **Access the Full THRIVE Framework in My Coaching Program**

Your best results are waiting. Let's unlock them together.



# THRIVE Resources

**T** TARGETED PRIORITIES

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**H** HIGH-ENERGY HABITS

---

**R** RESILIENT MINDSET

---

**I** INTENTIONAL COMMUNICATION

---

**V** VISION THAT INSPIRES

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**E** ELEVATED EXECUTION



# TAKE WHAT YOU NEED MENU

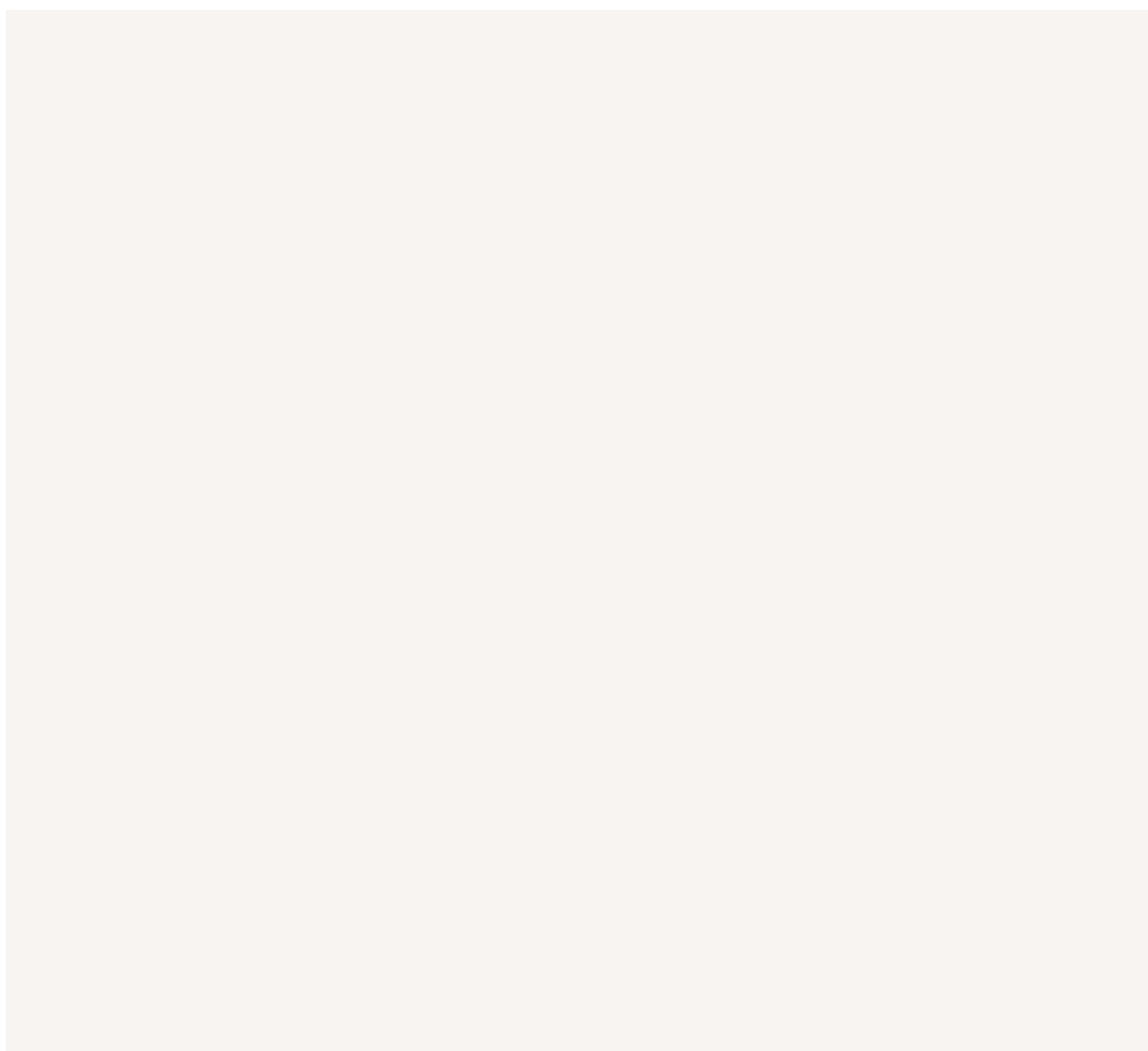
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- Move my body*
- Walk in nature
- Meet with happy friends*
- Cook a good meal
- Allow myself to rest*
- Do what I said I'll do

Exercise

# WRITE A LETTER TO YOUR FUTURE SELF

What's one piece of advice your future self would give you today?

A large, empty rectangular box with a light gray background, intended for writing a letter to one's future self. The box is centered on the page and occupies most of the lower half of the document.

# PRIORITY MATRIX

URGENT

NOT URGENT

DO it today

SCHEDULE a time to do it

IMPORTANT

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■ \_\_\_\_\_

■ \_\_\_\_\_

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■ \_\_\_\_\_

DELEGATE it

ELIMINATE it

NOT IMPORTANT

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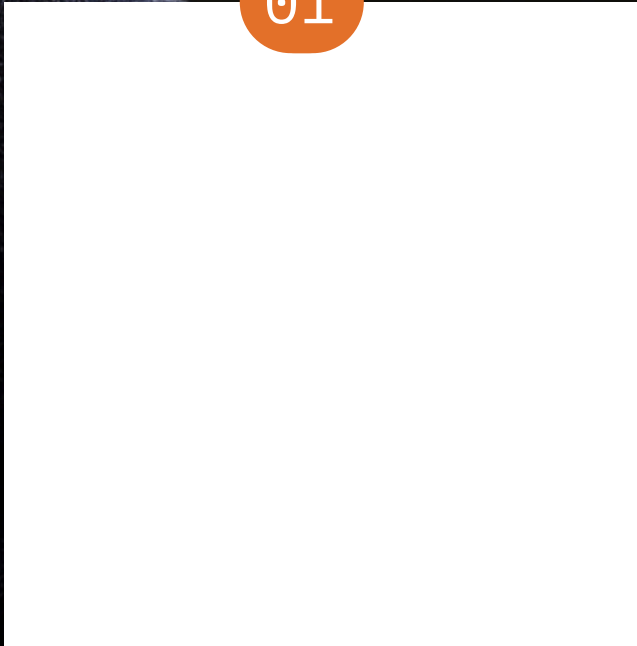
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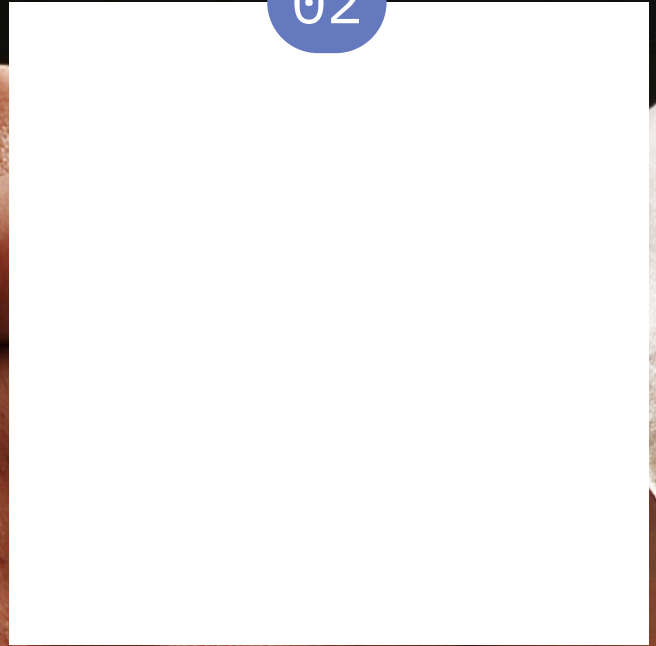
# THE PILLARS OF YOUR BUSINESS

Four things that are key foundations for your business or career.

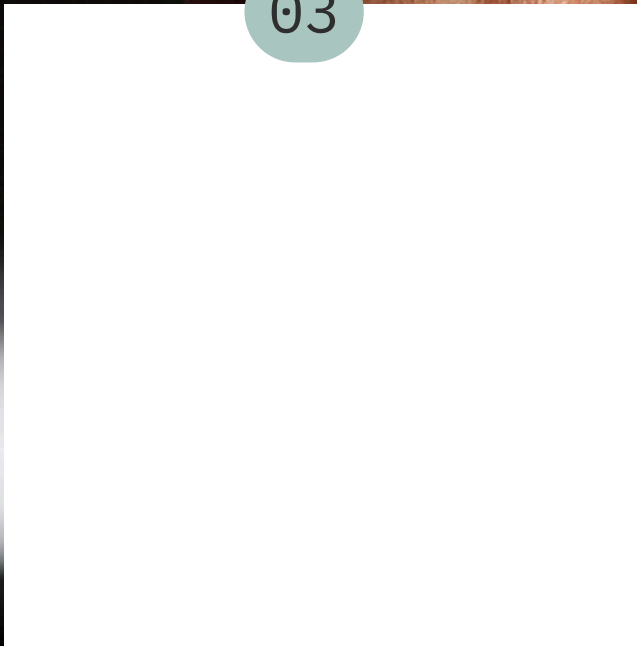
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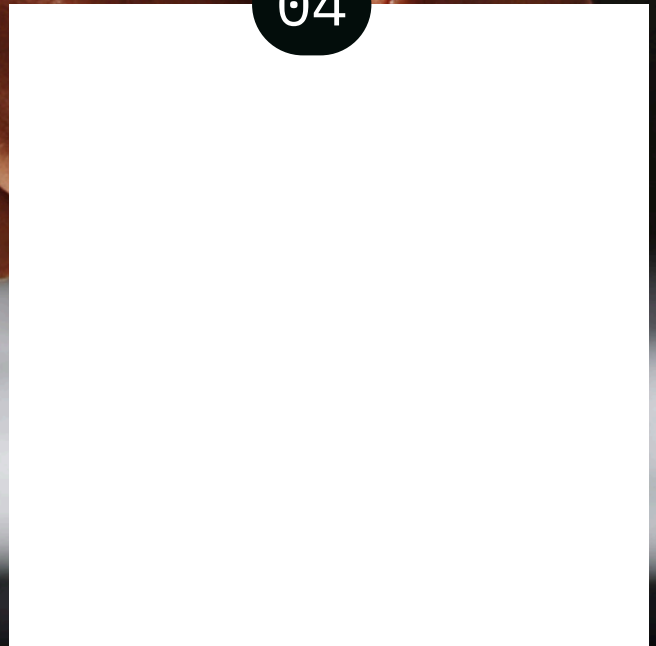
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03



04



# GOALS

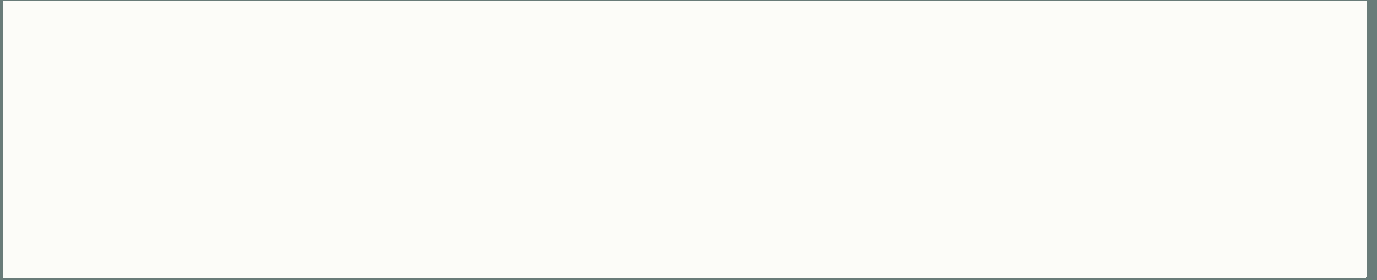
<b>GOAL</b>	<b>ACTION STEPS</b>
	1.
	2.
	3.

<b>GOAL</b>	<b>ACTION STEPS</b>
	1.
	2.
	3.

<b>GOAL</b>	<b>ACTION STEPS</b>
	1.
	2.
	3.

# MONTHLY GOALS

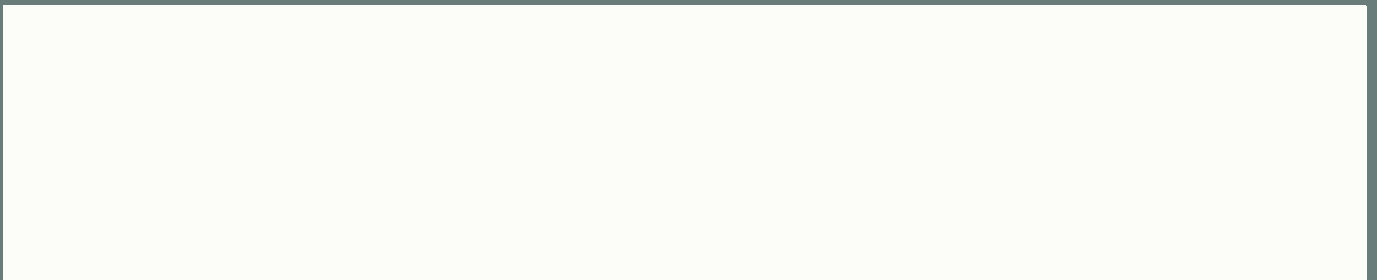
## WEEK 1 GOALS



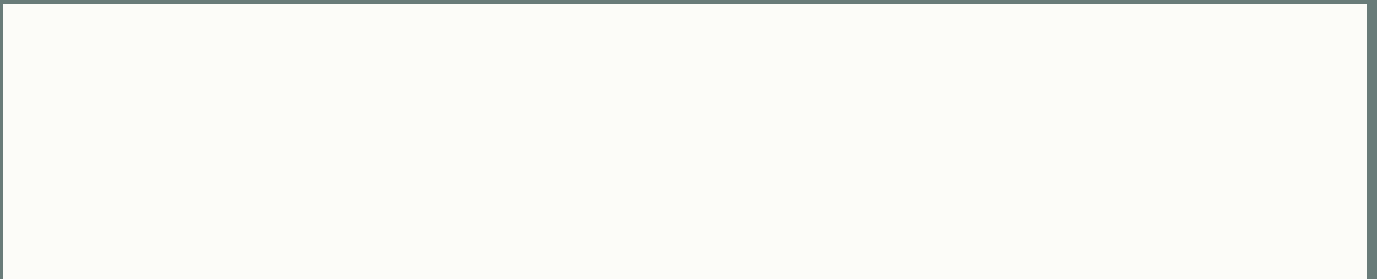
## WEEK 2 GOALS



## WEEK 3 GOALS



## WEEK 4 GOALS



# THE BLUEPRINT

## Q1 GOALS

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## Q2 GOALS

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## Q3 GOALS

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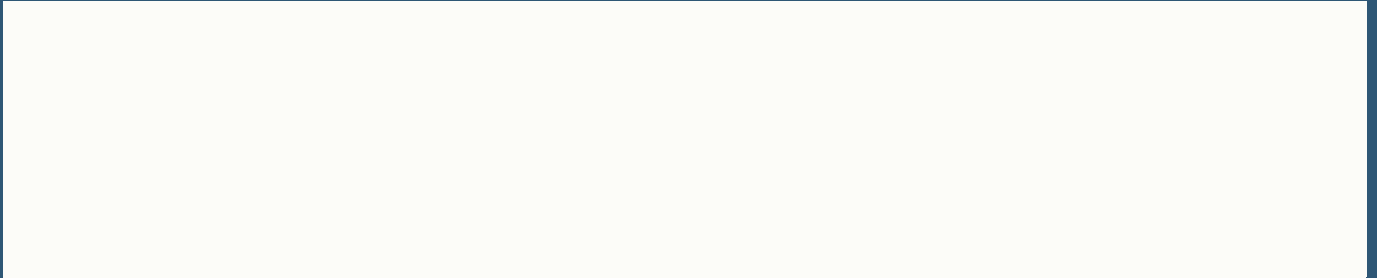
## Q4 GOALS

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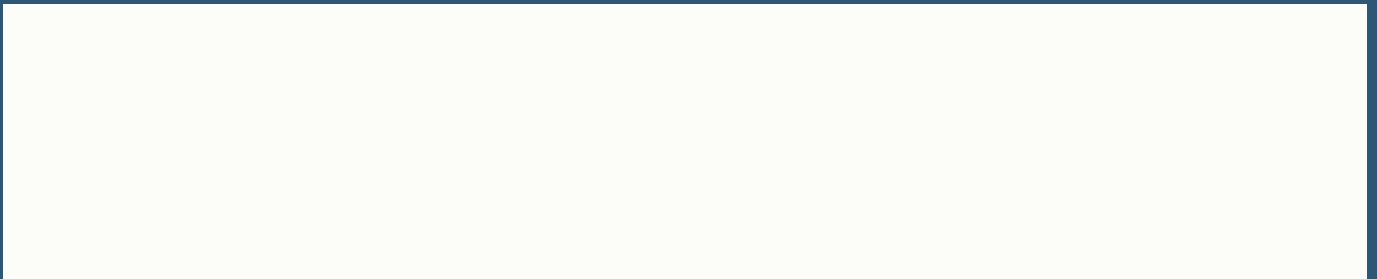
# THE GAME PLAN

Your thought strategy or course of action for this year.

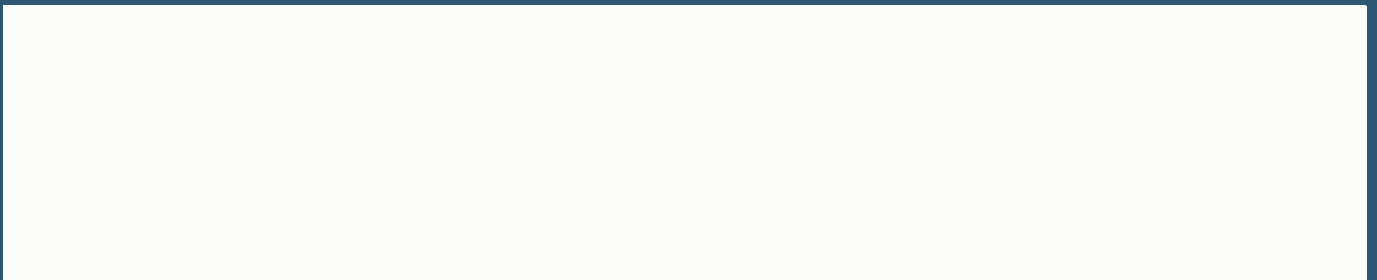
## Q1 GAME PLAN



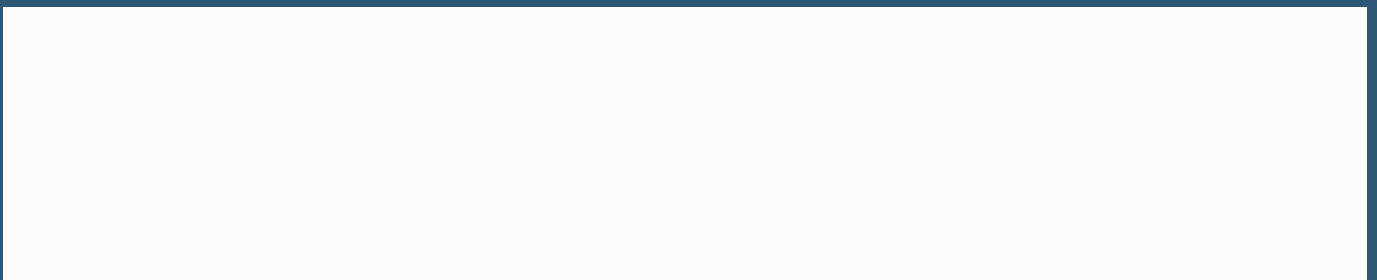
## Q2 GAME PLAN



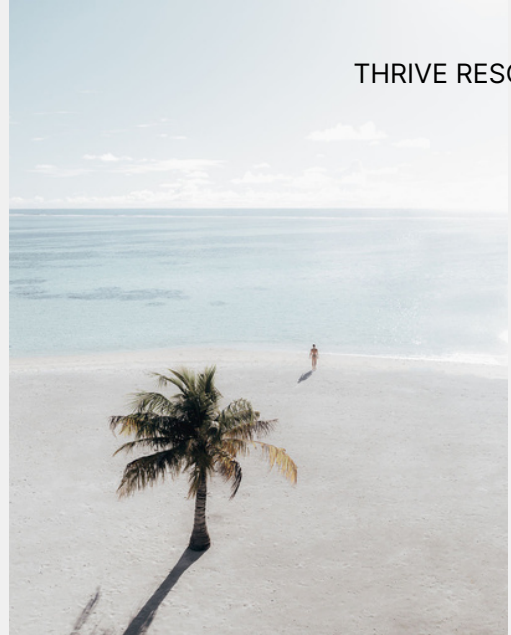
## Q3 GAME PLAN



## Q4 GAME PLAN



# JOURNAL ENTRY



Take a moment to reflect on what truly makes you feel alive, powerful, and aligned with your purpose. Is it a feeling, a routine, or something else entirely?

- What daily habits or thoughts are holding you back from stepping fully into your potential?
- What are 3 small yet intentional shifts you can make to create more ease, energy, and joy?

**Take a minute to write anything in the space below or use the prompts above.**

# CHECKLIST

DATE:

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CHECKLIST:

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NOTES:

# TO DO LIST

DATE:

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PERSONAL

BUSINESS

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HOUSEHOLD

FOR FUN

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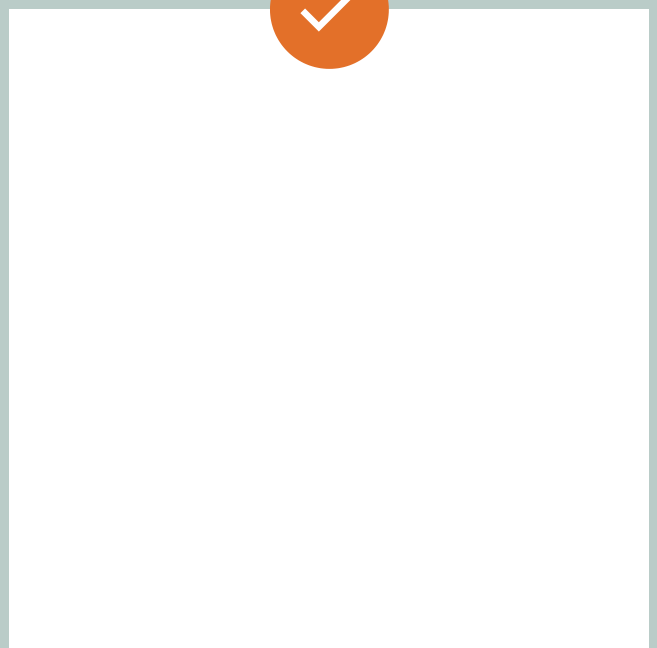
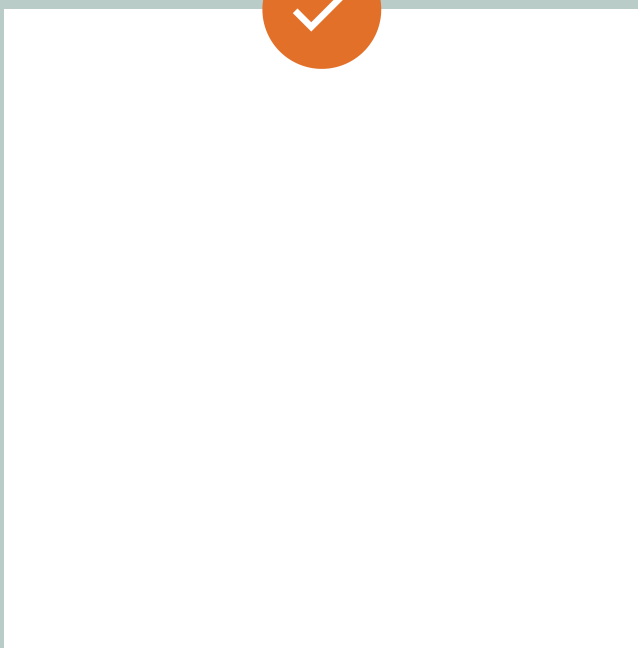
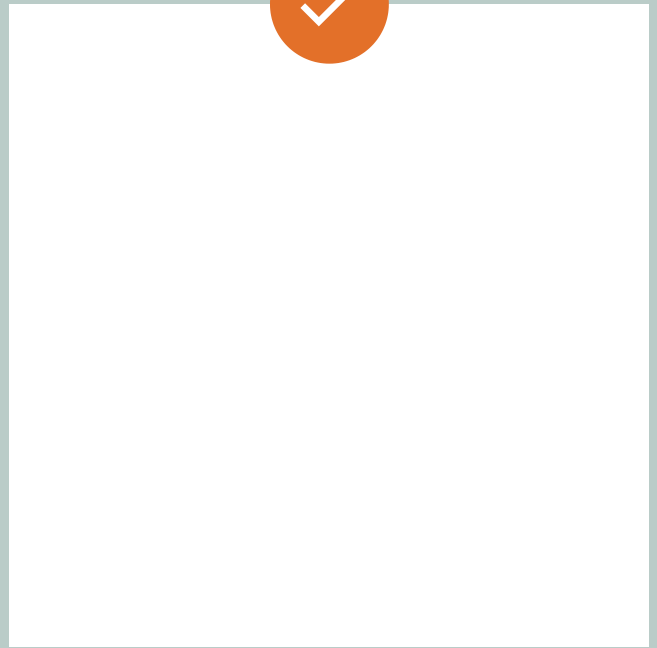
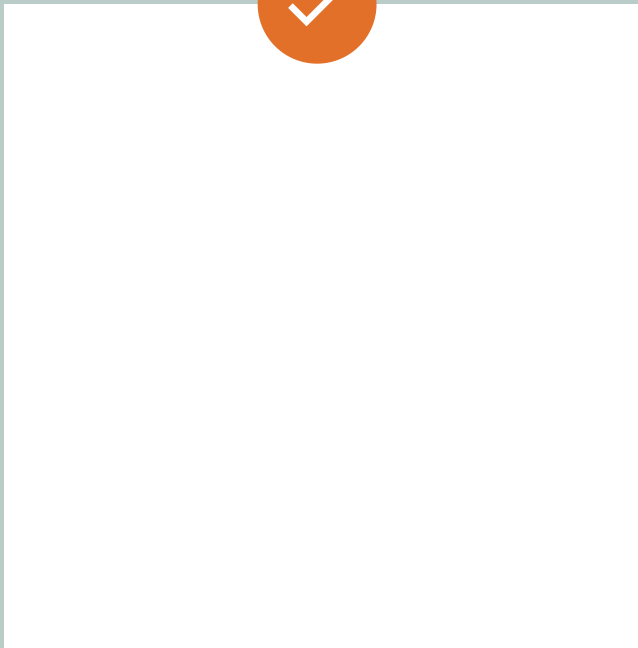
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# Key Elements of a Mindful Morning



**INSTEAD OF**

**TRY THIS**

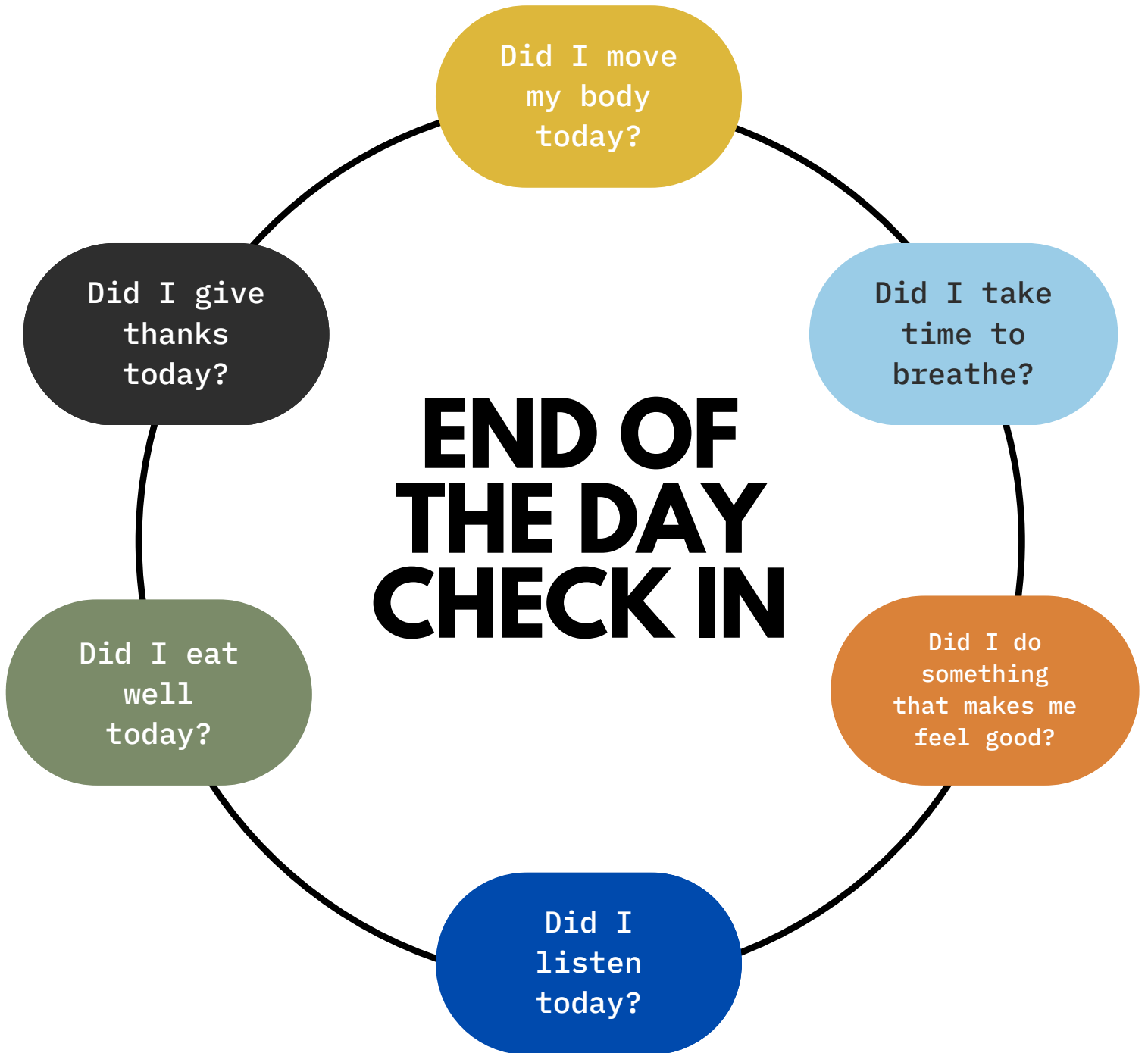
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# TAKE WHAT YOU NEED MENU

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- Move my body*
- Walk in nature
- Meet with happy friends*
- Cook a good meal
- Allow myself to rest*
- Do what I said I'll do



ENJOY YOUR JOURNEY

# LET'S GO.

Thank you for reading!

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be pain-free & achieve our goals.

You are one decision away.

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# BRING IT HOME!



Regardless of whether you are starting out and seeking new skills or are an experienced professional aiming to stay at the forefront of the field, these books are tailored to equip you with the essential knowledge and tools for success.

FREE DOWNLOAD →

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Certified Health Coach

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