THRIVESPAN™

PURPOSE · SUCCESS · LONGEVITY

The Daily Thread

One small thing per strand, per day.
Purpose. Success. Longevity.

A free 7-day starter from Thrivespan™

Print it, or fill it in on your tablet. 5–10 minutes a day.

How to Use This Workbook

Your life is a braid with three strands: Purpose, Success, and Longevity. You don’t need to overhaul your life. You just need one small thread a day.

How it works:

1) Each morning, read today’s page (1 minute).
2) Choose ONE small action for each strand.
3) In the evening, check the boxes and write 2–3 lines. That’s it.

> Tip: “Keep it small enough that you will actually do it. Small and done beats big and skipped.”

What you need:

A pen, 5–10 minutes, and honesty — not perfection.

DAY 1

See Your Braid

Today’s focus: Before you change anything, notice where you are.

PURPOSE

In one sentence, what mattered most to you today?

SUCCESS

What is one small win you want today?

☐ Done

LONGEVITY

What is one kind thing you can do for your body today? (walk, water, sleep, stretch)

☐ Done

Evening check-in

Did I do my 3 today?

☐ Yes ☐ Partly ☐ Not today — and that’s okay

What I noticed:

DAY 2

Purpose

Today’s focus: Purpose isn’t a grand mission. It’s what gives an ordinary day meaning.

PURPOSE

Who or what did you feel most connected to today, and why?

SUCCESS

What is one task you can finish today that will make tomorrow easier?

☐ Done

LONGEVITY

Take a 10-minute walk with no phone.

☐ Done

Evening check-in

Did I do my 3 today?

☐ Yes ☐ Partly ☐ Not today — and that’s okay

What I noticed:

DAY 3

Success

Today’s focus: Success is progress you can feel, not just results you can show.

PURPOSE

What is one thing you did today that felt like you?

SUCCESS

Name one goal for this week. Break it into today’s smallest step.

☐ Done

LONGEVITY

Drink water before your second coffee.

☐ Done

Evening check-in

Did I do my 3 today?

☐ Yes ☐ Partly ☐ Not today — and that’s okay

What I noticed:

DAY 4

Longevity

Today’s focus: Longevity is built in ordinary days, not perfect weeks.

PURPOSE

What is one small thing you can do today that your future self will thank you for?

SUCCESS

Clear one small thing — a drawer, an inbox, a to-do.

☐ Done

LONGEVITY

Go to bed 30 minutes earlier tonight.

☐ Done

Evening check-in

Did I do my 3 today?

☐ Yes ☐ Partly ☐ Not today — and that’s okay

What I noticed:

DAY 5

Energy

Today’s focus: You can’t braid well when you’re running on empty.

PURPOSE

What gave you energy today? What drained you?

SUCCESS

What is one thing you can say no to today to protect your energy?

☐ Done

LONGEVITY

Do 7 minutes of movement you enjoy.

☐ Done

Evening check-in

Did I do my 3 today?

☐ Yes ☐ Partly ☐ Not today — and that’s okay

What I noticed:

DAY 6

People

Today’s focus: Thriving is not solo. Who is in your braid?

PURPOSE

Who made your week better? Tell them in one message.

SUCCESS

Ask one person for help or feedback today.

☐ Done

LONGEVITY

Share a meal or a walk with someone you like.

☐ Done

Evening check-in

Did I do my 3 today?

☐ Yes ☐ Partly ☐ Not today — and that’s okay

What I noticed:

DAY 7

Braid It Together

Today’s focus: Look back before you go forward.

PURPOSE

What did this week teach you about what matters to you?

SUCCESS

What is one win from this week you want to repeat?

☐ Done

LONGEVITY

What is one healthy habit from this week you want to keep?

☐ Done

Evening check-in

Did I do my 3 today?

☐ Yes ☐ Partly ☐ Not today — and that’s okay

What I noticed:

Weekly Braid Review

My strongest strand this week was:

☐ Purpose ☐ Success ☐ Longevity

because...

My weakest strand was:

☐ Purpose ☐ Success ☐ Longevity

One small way I can support it next week:

What I want to keep:

What I want to let go of:

One thread I will carry into next week:

My 7-day tracker

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Purpose	☐	☐	☐	☐	☐	☐	☐
Success	☐	☐	☐	☐	☐	☐	☐
Longevity	☐	☐	☐	☐	☐	☐	☐

Your Next Thread

You just proved you can do this in 5–10 minutes a day. Keep the thread going.

1. **Thrivespan 8-Week Program**

   Go deeper with a full eight weeks of guided practice.

   https://www.thrivespan.com/product-page/thrivespan-8-week-program

2. **Book a free Discovery Call**

   Talk it through with Sean and find your next right step.

   https://www.thrivespan.com/book-online

3. **The Thrivespan™ Podcast**

   Short episodes, real tools — one idea per episode you can use today.

   https://www.thrivespan.com/podcast

Want a daily home for this practice? See Our Daily Thread — Thrivespan Journal.

https://www.thrivespan.com/product-page/our-daily-thread-thrivespan-journal

Thank you for spending this week with Thrivespan.

This workbook is for education and reflection. It is not medical advice. Talk to your doctor about health decisions.

sean@thrivespan.com

thrivespan.com

