



MISSION: THRIVE

FIELD MANUAL

7 Evidence-Based Protocols to Help You Thrive

*Train Your Body. Strengthen Your Mind.
Build Your Community. Learn to THRIVE.*

A Veteran-Owned Public Benefit Corporation

gomissionthrive.com

OVERVIEW

We get it. Life is demanding. You're juggling work, family, health, and a hundred other responsibilities, all while trying to be the best version of yourself. Some days you're crushing it. Other days, you're just trying to survive until bedtime.

"Thriving isn't about being perfect. It's about having the right tools and using them consistently."

After 20+ years across military service, nonprofit leadership, corporate environments, and professional coaching, we've learned something important: the difference between surviving and thriving often comes down to simple, practical tools applied consistently.

This free version of our Field Manual contains 7 battle-tested protocols. These aren't theoretical concepts. They are evidence-based tools we've taught to service members, first responders, executives, and everyday people navigating extraordinary challenges.

Each protocol can be implemented immediately. No special equipment. No lengthy training. Just practical techniques backed by research and refined through real-world application. This is a Field Manual designed to help you THRIVE in the life you actually live.

HOW TO USE THIS MANUAL

- **Read through once** to understand the full framework
- **Pick ONE protocol** that addresses your biggest current challenge
- **Practice it daily** for at least one week before adding another
- **Stack protocols** as each becomes automatic

Small, consistent actions compound into transformation. Let's get started.

- The Mission: THRIVE Team

THE M:THRIVE FRAMEWORK

We use a tree as a metaphor for human thriving. The roots are your mission, vision, values, and purpose. The trunk represents your strengths and resilience. The branches are your goals and relationships. The leaves are the skill and knowledge you need to achieve your goals. And the fruit? That's your outcomes and achievements.

The M:THRIVE framework surrounds this tree, creating the conditions that allow it to flourish:

M = MINDFULNESS & GROWTH MINDSET

The foundation of awareness. Seeing clearly, responding intentionally, and believing in your capacity to grow.

T = TRUE CONNECTION

Relationships, communication, leadership, and mutual support. We thrive together, not alone.

H = HEALTH

Physical, mental, and emotional wellbeing. Fitness, nutrition, breathwork, sleep: the fundamentals.

R = RESILIENCE

Toughness, grit, stress management, adaptability. The ability to deal with change.

I = INTENTIONAL ACHIEVEMENT

Goal setting, behavior design, strategic planning, discipline. Making progress on purpose.

V = VALUES, PURPOSE, & MEANING

Your 'why.' The beliefs and principles that guide every decision.

E = ENGAGEMENT & FLOW

Full absorption in meaningful activity. The state where performance and fulfillment merge.

The following pages contain one actionable protocol for each element. These are just a taste of the simple tools you can use today to begin creating the conditions for your own thriving.

M = MINDFULNESS & GROWTH MINDSET

The Growth Mindset Check

Why It Works

Stanford psychologist Carol Dweck's research revealed that how we think about our abilities shapes everything: how we handle challenges, respond to criticism, and ultimately how much we grow. A "fixed mindset" sees talent as static. A "growth mindset" sees abilities as developable through effort and learning. The good news? Mindset can be changed with awareness and practice.

The Protocol

Step 1: When facing a challenge or setback, pause and notice your self-talk

Step 2: Ask: Am I thinking in fixed terms? (I can't do this, I'm not smart enough, This isn't my strength)

Step 3: Identify the fixed mindset belief hiding underneath

Step 4: Reframe with 'yet': 'I can't do this' becomes 'I can't do this YET'

Step 5: Ask: What can I learn here? What strategy could I try?

Step 6: Replace 'I failed' with 'I got feedback'

Step 7: Celebrate effort and process, not just outcomes

PRO TIP: Watch for the word 'just' in your self-talk: 'I'm just not a math person', 'Some people are just naturally confident.', 'That's just how I am'. These are fixed mindset signals in disguise.

Research Note: Dweck's research shows that people taught about growth mindset show significant improvements in motivation and achievement. The belief that abilities can be developed becomes a self-fulfilling prophecy.

T = TRUE CONNECTION

Active Constructive Responding (ACR)

Why It Works

How you respond when someone shares good news matters more than how you handle their problems. Research shows that "active constructive responding," which is enthusiastic, engaged support of others' wins, is the strongest predictor of relationship quality. Most people default to passive or deflecting responses without realizing it.

The Protocol

Step 1: When someone shares good news, STOP whatever you're doing. Put down your phone

Step 2: Make eye contact and give them your full attention

Step 3: Respond with genuine enthusiasm: 'That's awesome! Tell me more!'

Step 4: Ask follow-up questions that help them relive the positive experience: 'How did it feel when...?' 'What was the best part?'

Step 5: Avoid shifting focus to yourself, offering unsolicited advice, or minimizing their win

Step 6: Let them be the hero of their own story

PRO TIP: Watch for 'joy stealing' responses: 'That's great, but...' or immediately sharing your own similar experience. These feel supportive but actually diminish the other person's moment.

Research Note: Dr. Shelly Gable's research at UCLA found that ACR is more predictive of relationship strength than how couples handle conflict. Relationships thrive on celebrated wins.

H = HEALTH

The Sleep Hygiene Check

Why It Works

Sleep is the foundation everything else builds on. Without adequate sleep, willpower decreases, emotional regulation suffers, cognitive performance drops, and physical recovery stalls. Yet most people unknowingly sabotage their sleep with habits that seem harmless. This protocol identifies and fixes the most common sleep disruptors.

The Protocol

Step 1: Audit your sleep environment: Is your room dark enough? Cool enough (65-68°F is optimal)? Quiet enough?

Step 2: Set a consistent wake time, even on weekends. Your body's clock depends on regularity more than total hours

Step 3: Create a 30-60 minute wind-down routine. No screens, bright lights, or stimulating activities

Step 4: Cut caffeine by early afternoon (it has a 6-hour half-life, meaning half is still in your system 6 hours later)

Step 5: Limit alcohol before bed. It may help you fall asleep but fragments sleep quality

Step 6: Get morning sunlight within an hour of waking. This sets your circadian rhythm for the whole day

Step 7: If you can't sleep after 20 minutes, get up. Do something calm until drowsy, then return to bed

PRO TIP: The single highest-impact change for most people is a consistent wake time. Pick one and stick to it for two weeks before adding other changes.

Research Note: Sleep research consistently shows that sleep hygiene practices improve both sleep quality and daytime functioning. Matthew Walker's research at UC Berkeley has demonstrated sleep's critical role in memory, learning, and emotional health.

R = RESILIENCE

The 3 P's Reframe

Why It Works

When bad things happen, our brains naturally fall into three thinking traps that make setbacks feel permanent, pervasive, and personal. Dr. Martin Seligman's research identified these patterns and proved we can train ourselves out of them. This reframe doesn't minimize real problems; it helps you see them accurately.

The Protocol

Step 1: When facing a setback, notice your self-talk and write down your initial thoughts

Step 2: Check for PERMANENCE: Are you thinking 'always' or 'never'? Reframe: 'This is temporary. What's one way this could change?'

Step 3: Check for PERVASIVENESS: Are you thinking 'everything is ruined'? Reframe: 'This affects [specific area], not my whole life. What's still going well?'

Step 4: Check for PERSONALIZATION: Are you taking all the blame or none? Reframe: 'What factors were in my control? What factors weren't?'

Step 5: Write your reframed, more accurate perspective

Step 6: Identify ONE action you can take in the next 24 hours

PRO TIP: Keep a '3 P's Journal' for one week. You'll start recognizing your default thinking patterns, which is the first step to changing them.

Research Note: Seligman's research at UPenn showed that people who learn to challenge the 3 P's show significant reductions in depression and anxiety, and faster recovery from setbacks.

I = INTENTIONAL ACHIEVEMENT

Implementation Intentions

Why It Works

Most goals fail not from lack of motivation, but from lack of specificity. "Implementation intentions" are a simple formula that bridges the gap between wanting to do something and actually doing it. Research shows this technique doubles or triples follow-through rates on goals, from exercise to career moves.

The Protocol

Step 1: Choose ONE behavior you want to implement (start small)

Step 2: Identify a specific prompt: a time, location, or existing habit

Step 3: Write your implementation intention using this formula: 'When I [PROMPT], I will [BEHAVIOR]'

Step 4: Be extremely specific. Not 'exercise more' but 'When I finish my breakfast, I will do 10 pushups in the kitchen'

Step 5: Visualize yourself completing the sequence: prompt, behavior, done

Step 6: Post your intention where you'll see it daily

Step 7: Track completion for at least 21 days

PRO TIP: Stack new behaviors onto existing habits. Your morning routine, commute, or lunch break are perfect prompts because they're already automatic.

Research Note: Meta-analyses of 94 studies found implementation intentions had a 'medium-to-large' effect on goal achievement. The specificity of when, where, and how makes all the difference.

V = VALUES, PURPOSE, & MEANING

Core Values Quick Identification

Why It Works

Values are your internal compass. When you're clear on what matters most, decisions become easier, stress decreases, and life feels more meaningful. But most people have never deliberately identified their core values. They operate on autopilot, wondering why they feel unfulfilled despite "success."

The Protocol

Step 1: Review this list and circle ALL that resonate: Adventure, Authenticity, Balance, Compassion, Connection, Courage, Creativity, Excellence, Faith, Family, Freedom, Growth, Health, Honesty, Humor, Independence, Integrity, Justice, Kindness, Knowledge, Leadership, Love, Loyalty, Peace, Purpose, Resilience, Respect, Security, Service, Wisdom

Step 2: Narrow to your top 10. Which feel most essential to who you are?

Step 3: Narrow to your top 5. If you could only embody five values, which would they be?

Step 4: Narrow to your top 3. These are your CORE values, your non-negotiables

Step 5: For each core value, write: 'I express this value when I...' (specific behavior)

Step 6: Identify one situation this week where you can intentionally live this value

PRO TIP: Your values should feel like a relief to name, not an aspiration. Choose who you ARE, not who you think you should be.

Research Note: Values clarification exercises have been shown to reduce stress, improve decision-making, and increase sense of meaning.

E = ENGAGEMENT & FLOW

The Challenge-Skill Sweet Spot

Why It Works

Flow, that state of complete absorption where time disappears and performance peaks, isn't random. It happens when challenge and skill are perfectly matched. Too easy and you're bored. Too hard and you're anxious. This protocol helps you engineer more flow into your daily life by intentionally adjusting difficulty.

The Protocol

Step 1: Identify an activity where you want more flow (work task, hobby, workout, etc.)

Step 2: Rate your current skill level: 1-10

Step 3: Rate the current challenge level: 1-10

Step 4: If CHALLENGE > SKILL by 2+ points: You're anxious. Break the task into smaller pieces, get help, or build skills first

Step 5: If SKILL > CHALLENGE by 2+ points: You're bored. Add constraints, increase difficulty, set a time limit, or teach someone else

Step 6: If CHALLENGE \approx SKILL (within 1 point): You're in the flow zone. Protect this activity from interruption

Step 7: Adjust and recalibrate as your skills grow

PRO TIP: Flow requires uninterrupted focus. Before entering a flow activity, silence notifications, close extra tabs, and tell others you're unavailable. Even brief interruptions prevent flow states.

Research Note: Mihaly Csikszentmihalyi's decades of research showed that flow states correlate with higher life satisfaction, better performance, and increased creativity across all domains.

READY FOR THE FULL MISSION?

These 7 protocols are just the beginning, we teach hundreds of protocols in our in-person program and complete Field Manual.

Mission: THRIVE The Program., is an innovative and fun membership-based group training program that integrates fitness, positive psychology, health & wellbeing education, and genuine community into a sustainable system for transforming your life.

What's Included:

- ✓ Group fitness & nutrition training (NASM certified)
- ✓ Mindfulness & stress reduction (Brown U. certified)
- ✓ Science & PosPsych protocols (Graduate-level)
- ✓ Health & wellness education (Graduate-level)
- ✓ Quarterly deep-dive intensives
- ✓ Private member community
- ✓ Continuously updated research-based protocols

Location: MetaSport, Farmington, UT

Schedule: Tuesday-Thursday (6:00 AM | 7:45 AM | 9:30 AM)

Weekends free for what matters most.

JOIN TODAY

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"Creating the conditions to thrive: one individual, one team, one organization at a time."

Mission: THRIVE | Veteran-Owned Public Benefit Corporation
Service • Excellence • Leadership • Growth Mindset • Resilience • Connection