



LEADING A HEALTHY LIFESTYLE

RISE TOGETHER was created out of the fundamental principles of gratitude, community, and self-care. These three concepts mean something a little different to everybody and we encourage you to see each of these principles through the lens of your experiences in life so far.



LIVE IN GRATITUDE

At the center of **any work**, seeking to invoke positive change, there must be a deep appreciation of the blessing we already have. People who **regularly practice gratitude** by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, express more compassion and kindness, and even sleep better.

Start your day HAPPY with [the 5 Minute Journal](#)



PRACTICE SELF-CARE

Self-care is understanding that we cannot with any true sincerity offer to others that which we have not accepted for ourselves. **We can't take care of our community if we don't take care of ourselves.**

Read about [3 habits that can save a life](#)



EMPOWER COMMUNITY

Honoring **all voices** and seeking to bring together people from all walks of life and backgrounds **without shame or judgment.**

Read [10 ways to serve your community](#)

Hold the spirit of these principles in your heart as you embark on this adventure. Doing so will only enhance your time as a leader within your community and the difference will be seen through the results you get in the end. Take the time to revisit these principles daily and see the difference it makes in the world around you!