

# WHAT IS FLOURISHING?



*Safe community for those affected by HIV*

**WE BELIEVE PEOPLE FLOURISH WHEN THEY CAN SAY:**

**I HAVE HIV.**

**OR WE ARE AFFECTED BY HIV BECAUSE SOMEONE IN THE FAMILY HAS A POSITIVE DIAGNOSIS.**

**I MAY EXPERIENCE AND ACKNOWLEDGE THE EMOTIONAL AND SOCIAL PAIN OF THE STIGMA.**

**YET, I CAN MAKE CHOICES TO CLAIM JOY AND CULTIVATE ENDURING HOPE IN SPITE OF IT.**

**FLOURISHING SOUNDS LIKE:**

I lead a purposeful and meaningful life

I am a good person and I lead a good life

My social relationships are supportive and rewarding

I am deserving of people's respect

I can achieve goals using my strengths and talents

I actively contribute to the happiness and wellbeing of others

I am competent and capable in the activities that are important to me

I am engaged and interested in my daily activities

I am optimistic about my future