



The Science of Human Flourishing™

Five Evidence-Informed Shifts That Create
the Conditions for Lasting Well-Being

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Founder, Flourish by Design™



Dear Friend,

Thank you for giving yourself this gift.

If you're here, chances are you've spent years leading, caring, solving problems, meeting expectations, and carrying responsibilities that few people fully understand.

From the outside, your life may appear successful.

Yet somewhere along the way, you may have lost sight of yourself.

I want you to know something before we begin.

You are not broken.

You do not need fixing.

You simply deserve the opportunity to intentionally create the conditions where you can flourish.

Over the next six experiences, we'll slow down together.

We'll ask better questions.

We'll reconnect with what matters most.

We'll celebrate progress instead of perfection.

And step by step, you'll begin designing a life that reflects who you truly are.

I'm honored to walk beside you.

Sheri



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A Note from Sheri

Thank you for spending a few moments with me.

Whether you found this publication because you're searching for greater balance, renewed purpose, or simply a quieter way of living, I'm grateful you're here.

My hope is that these pages don't give you more to do.

My hope is that they help you notice what already matters most.

Flourishing isn't something we chase.

It is something we intentionally cultivate—one choice, one relationship, and one meaningful moment at a time.

Thank you for allowing me to be part of your journey.
— Sheri



“People rarely flourish by accident.

They flourish when they intentionally create
the conditions where health, purpose,
relationships, and meaning can grow.”



What if flourishing isn't something you find... but something you intentionally create?

For more than thirty years, I have worked alongside high-achieving people and purpose-driven professionals navigating demanding roles, carrying enormous responsibility, and quietly wondering if there is something more.

What I have learned is this: people do not flourish by accident. They flourish when they intentionally create conditions where health, purpose, relationships, and meaning can grow.

This guide introduces five evidence-informed shifts that invite you to move purposefully toward flourishing.



Mattering Changes Everything

— Founder Note

"People flourish where they know they matter."

When people feel seen, heard, valued, and connected, something powerful shifts inside them. Research consistently shows that the experience of mattering—knowing that you are significant to others—has a profound influence on well-being, resilience, engagement, and recovery from adversity.

Mattering is not about achievement. It is about belonging. And when we create environments where people genuinely feel they matter, flourishing follows.

Reflection

Where in your life do you genuinely feel that you matter?

Action

Thank one person this week for helping you feel seen.

Science in Practice

Research in positive psychology suggests that experiencing mattering strengthens resilience, engagement, and overall well-being.



Awareness Comes Before Change

— Founder Note

"Many of us move through life on autopilot."

Flourishing begins with awareness—the willingness to pause, reflect, and notice what is actually happening in your life. Without awareness, we repeat patterns that no longer serve us. With it, we reconnect to our values, redirect our attention, and open ourselves to learning, adaptation, and healthier ways of thinking.

Awareness is not about judgment. It is about honest, compassionate attention to what is—so we can choose what comes next.

Reflection

What part of your life deserves your attention today?

Action

Spend ten uninterrupted minutes reflecting without distractions.

Science in Practice

Neuroscience demonstrates that intentional reflection strengthens learning, emotional regulation, and adaptive decision-making.



What You Nourish Grows

— Founder Note

"Your body and mind constantly respond to how you live."

Every day, your choices shape the conditions in which you live. Sleep, nutrition, movement, relationships, purpose, and recovery are not luxuries—they are the biological and emotional foundations of flourishing.

When we nourish ourselves intentionally, we create fertile ground for growth. When we neglect these foundations, even the strongest among us begin to wither. Flourishing is not about doing more. It is about nourishing what matters most.

Reflection

What has been nourishing your life lately?

Action

Choose one nourishing practice to repeat every day this week.

Science in Practice

Lifestyle medicine continues to show that sleep, movement, nutrition, stress management, and relationships profoundly influence long-term health.

Science is our foundation. Purpose is our compass. Flourishing is our outcome.



Design Your Life Intentionally

— Founder Note

"Many people live by default."

Flourishing is an invitation to live by design rather than by reaction. It means choosing priorities that reflect your deepest values—not simply responding to whatever demands your attention next.

An extraordinary life is not built in a single dramatic moment. It is built through small, repeated, intentional decisions—each one a quiet declaration of what matters most to you.

Reflection

If your calendar reflected your deepest values, what would change?

Action

Protect one hour this week for something that truly matters.

Science in Practice

Behavioral science suggests that intentional habits and environmental design increase the likelihood of lasting behavior change.



SHIFT FIVE

Flourish Together

— Founder Note

"No one flourishes alone."

Human beings are wired for connection. We flourish in the context of belonging—healthy relationships, resilient communities, shared hope, and mutual care.

When we invest in relationships that are honest, supportive, and life-giving, we create the conditions not only for our own flourishing but for the flourishing of everyone around us. Well-being is never a solo project.

Reflection

Who helps you become your best self?

Action

Reach out to one person this week simply to reconnect.

Science in Practice

Research consistently demonstrates that belonging and supportive relationships improve resilience, hope, and overall well-being.

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About the Author



Sheri L. Testani, DNP, RN, NE-BC, AHN-BC, HWNC-BC
Founder, Flourish by Design™

After more than three decades leading healthcare organizations and serving in executive nursing leadership, I became convinced that most people are not lacking information—they are lacking the conditions that allow human flourishing to emerge.

Throughout my career, I watched extraordinary people care deeply for others while quietly neglecting themselves. Their dedication inspired me, but it also revealed an important truth: lasting well-being is rarely created by working harder or knowing more. It is cultivated intentionally through the choices we make, the relationships we nurture, and the environments we create.

Flourish by Design™ was born from that conviction.

My mission is simple:

To help people intentionally create lives grounded in health, purpose, connection, and meaning through the science of whole-person well-being.

Whether through writing, coaching, speaking, or teaching, my hope is that this work reminds every reader of one essential truth:

Your life was never meant to be defined by survival. It was designed for flourishing.

Science is our foundation. Purpose is our compass. Flourishing is our outcome.



Evidence & Further Reading

The ideas presented in this publication are informed by decades of interdisciplinary research across positive psychology, lifestyle medicine, neuroscience, behavioral science, leadership, and human flourishing. If you would like to explore these topics more deeply, the following authors and organizations provide an excellent place to begin.

Human Flourishing & Positive Psychology

Martin Seligman, PhD — *Flourish*

Barbara Fredrickson, PhD — *Positivity*

Sonja Lyubomirsky, PhD — *The How of Happiness*

Lifestyle Medicine & Whole-Person Health

American College of Lifestyle Medicine

Dean Ornish, MD

Michael Greger, MD

Behavior Change & Habits

James Clear — *Atomic Habits*

BJ Fogg, PhD — *Tiny Habits*

Purpose, Mindset & Resilience

Carol Dweck, PhD — *Mindset*

Kelly McGonigal, PhD — *The Upside of Stress*

Human Connection & Belonging

Brené Brown, PhD

Edward Hallowell, MD

Research on Mattering and Belonging

Leadership & Meaning

Simon Sinek

Viktor Frankl — *Man's Search for Meaning*

Flourish by Design™ integrates insights from multiple evidence-informed disciplines while offering a unique philosophy and methodology for intentionally creating the conditions where human flourishing can emerge.



Continue Your Journey

If these pages encouraged you to think differently about your own well-being,
I'd love to continue the conversation.

Choose the next step that feels right for you.

Explore Flourish by Design™

Discover evidence-informed resources and whole-person experiences created for
high-achieving people and purpose-driven professionals.

Begin a Conversation

Visit flourishbydesignliving.com or email info@flourishbydesignliving.com to
explore your next intentional step.

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