

TRANSFORMATIVE SERIES



A MINDSET BOOKLET

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THE POWER  
TO THRIVE  
SURVIVING ISN'T ENOUGH

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Kimble Greene, PhD

*The Power to Thrive: Surviving Isn't Enough*

Transformative Series  
A Mindset Booklet

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# **Power to Thrive**

*Surviving Isn't Enough*

Kimble Greene, PhD

“Surviving is important. Thriving is elegant.”

Maya Angelou



**S**ystems across the globe - manufacturing, corporations, politics, education, health care (mental and physical), communities, social, public, and more – have been designed based upon the Newtonian-Darwinian sciences that posited we are individual brains and bodies that function separately within the limitation of this physical realm. And, in order for humans and their ‘systems’ to survive, we must focus on how to become the ‘fittest’ (smartest, greatest, healthiest, wealthiest, privileged).

For centuries the global focus has been on ‘survival of the fittest’ – the fittest companies, leaders, manufactures, marketers, politicians, health providers, and more. If optimizing survival mode were working then people, countries, economics, and the planet wouldn’t be in the current state of devastation and decline we are experiencing. Experts tell us both the planet and life on the planet are on the brink of extinction.

The time has come to make our optimal state our dominate state, to shift from protection to growth, to move from stress to calm, and to go from surviving to thriving. Because of the overfocus on controlling and managing our external environment in order to meet inner (and outer) needs, we’ve established a precedent for living outside-in, for operating primarily from survival mode.

The good news is, the human race has survived, albeit less and less optimally. The not-so-good news is surviving isn’t thriving and in fact, the perpetuation of survival as our dominant state of being will be our downfall, our eventual extinction. Let’s

explore the biology of surviving a bit more to understand why this mode of operation is both necessary and destructive.

Surviving is different biologically, physiologically, and psychologically from thriving. The bottom line is surviving = stress, while thriving = calm. We live in an almost permanent state of stress because systems across the globe are built on the scientific foundation that focuses on ‘survival of the fittest’ (Newtonian-Darwinian science). There’s no question that surviving is important, in fact it’s essential if we want to thrive at all. However, the biological and psychological state of surviving is designed for emergencies, it is intended as a temporary state of mind and body.

The chart below gives a snapshot of the differences between surviving and thriving:

SURVIVING	THRIVING
Stress	Calm
Cortisol	Dopamine
Sympathetic Nervous System	Parasympathetic Nervous System
Outside-In	Inside-Out
Fight or Flight	Rest and Repair
Short-Term	Long-Term
Brain/Body	Energy/Belief
5 Senses	6 <sup>th</sup> Sense
Base Physiological Operations	Elevated Physiological Operations
Anxiety	Creativity
Repair	Growth
Lower Cognitive Functions	Higher Cognitive Functions
Self-Focused	Collective-Focused
Reactive	Responsive

Human development researcher Joseph Chilton Pierce, defined culture as “a set of beliefs and practices centered on physical survival...a mutually shared anxiety state.” Being in survival mode means we utilize the state of protection, along with the stress it creates, to avoid annihilation. The problem is, when used long-term, this biological and psychological state of survival inhibits growth and creates mental and physical illness. Scientist and author Bruce Lipton, PhD. expands on this with his

groundbreaking research in Epigenetics. Lipton ensures us that, “Nature intends for us to use protection behaviors as little as possible. That’s because, while protection [survival mode] provides life-saving responses, it also consumes massive wealth [biological and psychological] and compromises the system’s life-sustaining growth processes [thriving]”.

Everyone is familiar with stress on some level. Unfortunately, being in a state of stress has become the norm. In fact, we live in an almost permanent state of stress because of how our cultures, systems, and societies are structured. We’ve been raised to survive on the effects of stress and it’s killing us mentally, emotionally, and physically. Humans are not designed to live in an ongoing state of biological and psychological stress, a state of protection. We are designed to thrive, create, and connect in a state of calm and growth.

Stress is first a physical problem then a psychological problem. Your body/biological systems must shift away from the physical stress response before your mind can move away from psychological stress. It's impossible for the human being to be in a state of protection/survival and growth/thrival at the same time.

The time now, it is imperative you make your optimal state [thriving] your dominant state.

Dr. Kimble Greene has been transforming lives and empowering leaders for 35+ years. She holds a PhD in Psychology and expertise in agency administration, strategic consulting, and personal/leadership development. Kimble is internationally acclaimed for her game-changing approach to personal transformation and evolutionary leadership - *The Monarch Method*<sup>™</sup>. Kimble’s globally recognized method along with her groundbreaking philosophies (*The Catalyst Factor*<sup>™</sup>) are a unique blend of psychology, neuroscience, epigenetics, and quantum physics that takes her clients on an enriching journey of self-evolution and empowerment. Kimble’s approaches, her expertise, and unassuming style makes her unique work with individuals and leaders transformative. She is the author of several books including the Amazon #1 bestseller - *You Are Not Broken*; *The Power to Thrive: When surviving is no longer enough*; *Powerful Beyond Measure: The pathway to evolutionary leadership*; *One: Embracing Life & Illuminating Your Spirit*; and *The Monarch Method*<sup>™</sup> 6-book series.