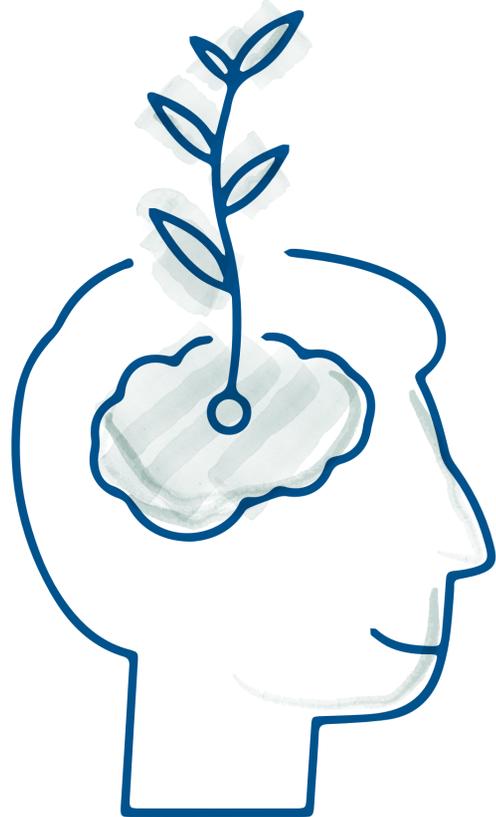


WHY IS VITALITY IMPORTANT IN YOUR LIFE?

The word itself is derived from vita or "life". In the physical sense, this vitality refers to feeling healthy, capable and energetic. Psychologically, this state of aliveness brings a sense that one's actions have meaning and purpose.



THE LIGHTHOUSE
CENTER FOR WELLBEING

6 Strategies for Cultivating a Vitality Mindset



1 Decide what vitality means for you
(and be willing to continually upgrade that definition).

Vitality is about maximizing the activity and actualization levels of all our years, by making a personal commitment to a healthy lifestyle and focus on wellbeing. Vitality fixes our focus **on the here and now** (i.e., What would it mean to experience vitality today?). Ask yourself what you're willing to commit to today. Be honest, and commit to investing your time, your energy and to some degree, invest your money. Ask yourself what you want out of this investment. What do you want to see happen?



2 Do the personal work around deserving.

To accept genuine change into our lives, we have to be willing to deserve it. People will rise to the **level of their own expectations for themselves**. You may have friends, coaches, trainers or family in your life who build you up – but if you don't have the self-esteem to support the changes that happen throughout situations and scenarios in life, you won't be able to live with the disconnect between the success you see in the mirror and the success you feel you deserve.



3 Recognize that genuine wellbeing is a personal value.

Choosing a vitality mindset (and a healthy, vibrant life) is a personal value. Your daily decisions and logistical strategies will help you put that value into action. Values (i.e., dedication to family, strong work ethic) are part of our substance. We see them as part of our identities and even integrity. Cultivating a vitality mindset means accepting that health is more than an interest. It's part of our inner fabric. With that thought in mind, we learn to realign the logistics of our lives to favor our vitality. **We make choices (both major and minor) that feed our vitality.** We become open to new solutions and approaches to facets of everyday living. We recognize that many things – even "big" things in life – are worth sacrificing before our health.



4 Choose an abundance mentality.

In any life situation, we can see the cup as **half full or half empty**. We either fixate on what we feel is a negative – ending up stressed, resentful or feeling disadvantaged. Or, we can alternatively **relish the situations and conditions** that life offers. We can be grateful for the changes we're seeing in ourselves when we're willing to bring awareness to them.



5 Cultivate relationships that support your commitment.

The fact is, your social circles have very real influence over you – a tangible, measurable impact. Their practices and attitudes rub off in often unconscious ways. You deserve support and affirmation for your choices. Be bold enough to create that for yourself – in the flesh, online, with a mix of both. **We all benefit from having people who share our basic values in life**, and vitality is a core one. Give yourself the chance to be enriched by **supportive connections**. You don't have to do this alone.



6 Disconnect from the idea that your best years are behind you.

This is one excuse that all too often keeps people down. Instead, seize the chance to be a continuing visionary for your own life. Reject any cultural or social message that limits your thinking on what you're capable of. Don't lose sight of the chance to **craft your own life**. Vitality becomes a deepened understanding and experience. With time, we sense dimensions we might never have anticipated. With the right attitude, we can always gain the chance to lead a bigger, more vital life than we have at any other time.