PRACTICE EXERCISES

VIGOR

WEEK ONE

★ The number of stars represents the degree of difficulty. ★

Ways Vigor Behaves

★

Chances are you know some people who impress you with their vigor. Your task is to read the descriptions of some ways vigor behaves in the column to the right and identify a person who is an admirable example of vigor in that way. Then, finally, come up with one more way vigor behaves and a person who is a good example of it.

Gets up in the morning expecting to be involved in making something good happen.

Acts like anything he/she is doing is the only thing important at the time.

Always seems eager and open to learning and experiencing new things.

Lives with the expectation that something worthwhile will come of his/her efforts

Do one more of your own.

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_____

Who Cares?

★★

The one-star exercise above asks you to identify some people who exemplify vigor in at least one way. Pick out the person in that list that you admire the most for their vigor--someone that you would like to emulate. Go to that person and ask this question (or something like it):

How come you always seem to be so energetic and enthusiastic (vigorous) about the things you do?

They may hesitate to answer if they don't see themselves as vigorous. Encourage them to find an answer, because it will help you and be a compliment to them.

Write their answer here.

YOUR HEART: IN ORDER TO BE VIGOROUS, YOU HAVE TO REALLY CARE ABOUT WHAT YOU ARE DOING

Being Apathetic is Pathetic

★★★

Many things we do are not compelling in themselves. The only way to care about what we have to do is to find some reason apart from the task itself that motivates us. But we will only find that reason if we **refuse** to be apathetic. We must treat apathy as a pathetic condition we will not tolerate in ourselves. In the box below **write down one ongoing task you are responsible for that you honestly don't care to do. Then figure out what to think or do so that you will care.**

Identify the task here.

What will help you start caring much more?

Want all 30 vigor exercises in our full-color 60 page workbook? **bit.ly/vigor-hardcopy** or scan the QR code.

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