PRACTICE EXERCISES

VIGOR

WEEK THREE

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

YOUR STRENGTH: IN ORDER TO BE VIGOROUS, YOU HAVE TO ATTACK HARD WORK

No Sweat? Yes, Sweat!

Have you ever watched Olympic weightlifters approach the prospect of lifting a barbell double their own body weight? They stand in front of it, look down, clap their chalk-dusted hands, growl and grunt a few times, grab the bar and scream as they snatch it from the jaws of gravity. Attack! That's how people must train the trait of vigor. Do hard work viciously. "You won't beat me!" Your assignment is: **do a "hard work" task that will stretch you physically, and push yourself to do it aggressively.** Growl if you want! Write down what you did on the lines below.

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YOUR HEART: IN ORDER TO BE VIGOROUS, YOU MUST WATCH FOR ANY LOSS OF PASSION

Repent For the Trend Is Nigh

Repentance isn't only something you do about sin. The Greek origin of this idea--**metanoia**--means turning your mind in the opposite direction. Your goal in this exercise starts with answering this question: "Are there tasks or roles I must take on where my energy and enthusiasm are waning?" Look for any downward trend: dragging your feet, harder to get started, harder to keep going as long, losing interest. **Read three common signs of lost passion below. Do any apply to you? If so, admit that fact, make a renewed decision to stop the downward trend and renew your determination to be vigorous.**

- ☐ There seem to be lots of situations when I'm dragging my feet and plodding along these days. I need to name them and change them.
- ☐ I find myself not paying attention in the middle of things I need to be doing or listening to.
- ☐ Even though I may never say the words while I'm doing my work, my attitude too often seems to be, "What's the point of putting in the effort?"

YOUR MIND: IN ORDER TO BE VIGOROUS, YOUR MIND MUST BE HONEST AND FOCUSED

I've Got My Reasons

Mental focus comes from a strong desire to learn, not just for the sake of knowing the facts, trivia and information, but for forming convictions around what you should embrace as true and important. Vigorous behavior flows from vibrant beliefs formed in an honest mind. An honest mind is one that explores various points of view before coming to a conclusion about matters of opinion or personal conviction. Here's your assignment for training your mind to be more vigorous. **Where do you stand on the question of global warming and whether the total elimination of carbon-based energy and gasoline-powered vehicles by a specific date? Search for at least two articles or videos presenting opposing positions by which you will gather information you have not previously heard or known regarding the two underlying questions: "Is global warming real?" and "Will the elimination of carbon-based energy do the trick to end global warming?"** You don't need to change your opinion... just put out more effort to form one than you normally do.

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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