PRACTICE EXERCISES

VIGOR

WEEK TWO

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

YOUR MIND: IN ORDER TO BE VIGOROUS, YOUR MIND MUST MAKE YOU EAGER

When Your Feet Hit the Floor

What's the first thought that goes through your mind when your feet hit the floor in the morning? Is it "I can't wait to get rolling"? Probably not. So your assignment is to **identify a thought that reminds you to choose 'eagerness' in the morning, and then create some sort of "mnemonic device" to help you remember to start the day with that thought.** Write the thought and mnemonic device below, but don't check the box until you've used it three days in a row.

☐ Completed three days.

YOUR STRENGTH: IN ORDER TO BE VIGOROUS, YOU MUST TEACH YOUR BODY WHAT TO SAY

Watch Your Body Language

Did you know that some fields of science suggest that simply changing your body language can change your attitude? And changing your attitude is a big part of what it takes to change your character. So here's your assignment: **Practice teaching your body to communicate vigor, even when you don't feel it.** Below are three ways to do that. Over the course of three days, practice each one of them the whole day in everything you do.

Identify your normal walking pace and quicken it whenever/wherever you are walking, even in your house.

Every time you start to do something (e.g. rise from a chair or bed, begin a chore, respond to a person's question) do it quickly like it's something you can't wait to do

Look every person in the eye who's talking to you without looking around, in such a way that they feel like they are the most important person in your life at the moment.

YOUR SOUL: IN ORDER TO BE VIGOROUS, PASSION FOR TASKS MUST FLOW FROM PURPOSE IN LIFE

Retreat, Rethink, Renew

The ancient Stoic philosopher Seneca wrote: "Travel and change of place impart new vigor to the mind." That's true, but relatively shallow unless travel and change of pace create enough separation from routine life to give you space and time to take a fresh look at your life. Don't just change scenery; refresh your soul. That's your assignment in this exercise. **Make some time for a retreat. Go some special place where you can separate, quiet yourself to reflect and pray for two hours, a half day – or best – a full day if possible with one question to consider:**

> What life purpose can I connect or reconnect with that will invigorate everything I do, even the mundane things?

Take a notebook or use the back of this paper to jot down a few of your reflections. Put that "purpose" into one sentence and jot down ways and areas in which that clearer purpose might renew your energy.

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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