

## VITALITY

**Piper Abodeely, Principal**

### vi·tal·i·ty

1. exuberant physical strength or mental vigor
2. capacity for survival or for the continuation of a meaningful or purposeful existence
3. power to live or grow
4. vital force or principle

Richard Leider defines vitality in his book, *Living on Purpose*, as our willingness to live our core values. Vitality is being truly alive. Vitality is complex. It is not a mechanical formula with five points on how to live a better life. It is an issue reserved for people who are willing to look inside themselves. It is an issue for people who have the courage to embrace the opportunities life presents. It is an issue for the individual who doesn't want to sit at his or her retirement dinner, inwardly wondering, "was it really worth it?" We all get 168 hours in our week, how are we choosing to spend it, show up in it, and make the most of it?

As we all continue to grow personally and professionally, I invite you to consider the inquiry questions below around your commitment to vitality:

- The thing that causes me to feel most vital at this point in my life is....
- How are you shaping the space in your life so that your best qualities/values emerge?
- What brings you true satisfaction? The feeling that comes when you can look at your life and your priorities and say "Yes! This is why I get up in the morning."
- Where are you holding back? Moving forward?

What do your answers tell you about yourself? Your future? Your vitality? What in your life can you take charge of to become a more vital person? Yes, at times during our lives, vitality wanes, but that creates the launching point for us to refocus, re-define, and create intentions, actions, and habits that support us in becoming a more vital person.

Exploring your feelings about the enjoyment of life is an essential step toward improving and maintaining vitality. Play is a primary activity, but what happens to play as we become adults? We become ingrained in

With the arrival of Fall and all of its natural excellence, I have been reminded of one of my favorite concepts: Vitality. This concept can hold so much meaning at different levels that can challenge us to grow, be truly alive, and ultimately take us to a deeper understanding of ourselves, our work, and the communities in which we embed ourselves. As we transition to Winter, often at time of introspection and reflection, I encourage us to focus on how we are "showing up" around the concept of being a "vital" person.



Piper Abodeely :: Principal

"Most of us never learned about change except through trial and error experience. But experience is not enough today, we must take charge of change."

routine living, and thus, our emotions follow. We become, in many ways, like robots and lose that sense of zest, spirit, and feeling of vitality. So, what can you do to leave the comfort of your daily routine to experience and manifest that feeling of vitality? Make one small change and feel the multitude of rewards.

We all get 168 hours in our week, how are you choosing to spend it, show up in it, and make the most of it? How are you becoming a more vital person?

**Vitality feeds our soul...**  
**Charlene Wilson, SF Senior Consultant**

Some people love fall because they know it means times with family and old friends. Some people dislike fall for that same reason. Sitting at the dinner table with our relatives reminds us of who we are and how we may have gotten to be this way. At times, we like what we see. Other times, we wish we could change much of what goes on around us. Like it or love it, most of it, we can do little to change. There is still some choice for us around how to respond and still greater choice on how to get the greatest value out of those things experiences we share with our family.

There are experiences in life that feed our soul. Children playing and laughing for example, and if you are fortunate enough to soak up some of that joy during the holiday season, appreciate it. In fact, appreciation one of the best qualities you can bring to your experiences this winter. You do not have to like every meal, activity or overly repeated bad joke, however, you can cultivate a sense of appreciation for what you experiencing. One way to cultivate appreciation is to ask questions. *How did you learn to make this meal? Has our family been eating this dish for generations? When did our family start playing this game together? Who first told you that joke?* One of the best ways to show people that you care about them is to ask them questions about what they value and what has meaning to them. Also, the more we know about something, the more meaning it has for us. The more meaning, the more care. Suddenly those tired green beans have more life and vitality to them than you ever noticed. Those equally tired jokes and games seem more alive than you ever imagined. Before you know it, those family dinners do more than fill your belly, they feed your soul. So, rest, relax, renew over this winter. Light your fire with the love of your family and friends. These experiences will keep you warm all winter long.

**Stay Connected**

We invite you to contact us to learn more about how we can support you or your organization to reflect, refocus, and reclaim your personal edge!

You can reach us by emailing: [info@pivotaltransitions.com](mailto:info@pivotaltransitions.com)

