

Vitality

For What!?!?!

What are your reasons for pursuing a life of Vitality? Write this out.

Is that still important to you? Are there more reasons now than when we started to pursue it?

If you want it but you're fighting it, what are you resisting?

Competing agendas

It's quite possible that you are suffering from competing agendas. You do want to change. You do want Vitality in all four quadrants but there is something else you want/need/fear and it is causing a conflict with your pursuit. What is the resistance?

Below are some hot buttons to help stir the thoughts. They don't all have to be answered.

What would you have to give up?
What would you then be responsible for?
What would be expected of you if you changed?
What is your current reputation? What is your current story that you tell everyone? What would be the problem with that changing?
Who would protest your changing?
Who would no longer want to be around you or have you in their life?
What relationships would be threatened?
So, what if you failed?
So, what if you succeeded?

Now, pit the answers you came up with against the “reason/motivation” for wanting Vitality. Which wins? Which seems to be more compelling, more emotional, more certain or real?