



Increase your vitality = Increase your income

Most of the population's level of vitality is average or below average, and ironically it's why they aren't attracting the success they want. They're in an autopilot state moving from one thing to another. When we live in a state of vitality we attract the right people, events, resources and opportunities. Others want to be around us when we are in a state of vitality. You also amplify your energy level and are able to accomplish so much more because you feel a sense of purpose and passion for your life.

Most people focus on responsibility and try to be disciplined and really want to be disciplined, but deep down they're disappointed and frustrated because they don't like their life. The truth is they don't feel valuable and they choose that. If you don't give yourself value, neither will anyone else. When you're vibrating at a lower frequency you attract a lower frequency. Life gives you what you believe. Come on, what kind of extraordinary opportunities will you attract in that state of mind? Nothing spectacular! When you make empowering choices, you feel fulfilled and when you're fulfilled you radiate this self expressed aliveness and others want a part of that.

The truth is you're worthy of experiencing your rendition of success but unless you're clear about what that is, you'll continue to attract the same kinds of experiences that you've experienced in the past. Think about what most people say as they move into a New Year, "This year is going to be a great year or last year was so challenging, this year has got to be better!" Really? Seriously? Those kinds of people live life through osmosis not design. Yes, life will throw us curve balls and adversity life cards but it's how we respond to it. The truth is life doesn't change unless we change. When you shift internally life will shift externally. Your measuring stick for success is vitality and to give yourself permission to do what you love to do. At least part of the time! What do you love to do?

Most of us have heard the scenario of the professor that showed his class how to fit several rocks, a bag of pebbles, a bag of sand and a gallon of water in a big jar. In order to fit all of

those ingredients in the jar they had to be placed in order of priority. Obviously the rocks needed to be added in the jar first.

We'll in this scenario your big rocks are the most important areas of your life. Until you're clear about your big rocks, the most important areas of your life, and honor that, you won't live with purpose and without purpose you won't generate the energy to succeed and follow through. This is a big subject however I have an exercise that will get you started.

Fast forward your life to 90 days in the future--the end of the year. What if your life was ideal or had greatly improved. You're different! You're experiencing a sense of peace. You feel empowered and focused and it's showing up in your results.

What do you suppose you might have accomplished? What do you suppose you experienced? Take 10 minutes to write about the following questions and then make a commitment about what you might change or do that would increase your vitality with your **Self, Spouse, Most Important Relationships and your Business.**

Self

- What do I love to do for myself?
- What choices make me feel healthy?
- What recreation brings me fulfillment?
- Who do I enjoy being with? Who lights me up?

Spouse/Significant Other

- What attracted me to my spouse originally?
- What mutual activities do we enjoy doing together?
- Finish this sentence. When I am at 100% with my spouse I...?
- What choices would improve our marriage?

Children/Most important relationships

You may want to list your most important relationships before you ask yourself the following questions!

- Why is this relationship important to me?
- What might bring more value to this relationship?
- Looking through the lens of this person, what would bring them greater fulfillment in our relationship?

I've had hundreds of conversations with clients about a relationship that was challenging them and after listening and asking a series questions I used a tool that has continually made a significant shift in many of my client's relationships. I've asked them to find a time to connect with that person and ask them the following questions: *"How fulfilled are you in our relationship? What would make it extraordinary? What would you enjoy us doing more of?"*

Of course these questions are modified and more animated for a child. The bottom line is that my clients have been shocked by what they heard and how it offered them a blueprint as to how to improve the relationship.

Business

What is the single most import objective you have for your business? Meaning what do you truly desire achieving? What's your greatest vision? What do you want?

What is the single most important objective you have for your business within the next 90 days?

What needs your attention?

Make a commitment about what you might change or do that would increase your vitality with your **Self, Spouse, Most Important Relationships and your Business.**

What will you commit to?

By when?

Who will keep you accountable?

Love and success,

Steve Q. Wiltshire, CEO
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