



EXECUTIVE VITALITY™ : PLAYING THE LONG GAME

“The future depends on what we do in the present.” – Mahatma Gandhi

We all generally agree that a business needs to have a vision, mission, values, and a strategic plan to ensure goals are met.

Individuals have an analogous need. What is your personal (or executive) vitality strategic plan? Life is challenging at present – even more so than usual. What is your plan to sustain your vitality over the long run, for years to come? Here are some big picture ideas – take a page from the business playbook: create your vision; state your principles (values); set your targets (goals); make a plan to achieve those targets.

For example, let’s say you’re 39-years-old now and dealing with job stress; possible promotion or possible job loss; children going back to school with masks or without masks; decisions to be made about where you live, where and how you work; concerns about staying healthy and safe...

It would be easy to stop focusing on adequate sleep, healthy eating, exercise, and/or finances. That really would be a mistake. Here are four steps we suggest:

1. Create a plan to ensure you keep focused on the long game while supporting your vitality through this very hard period. This means living (thriving) in the present while staying committed to your long-term vitality vision.
2. Once you have a vision and a plan, explore the many tools available to help you achieve your targets. See [Free Workouts You Can Do at Home Right Now | Wirecutter \(nytimes.com\)](#). Also check out [Guided Meditation - Headspace](#) or [Free | Insight Timer](#) for meditation, relaxation, stress relief, and sleep. Any of these apps can help you stay on track.
3. Take this time for yourself. This is an investment in you. So many people, as they get older, say they “wish they knew then what they know now.” Avoid overextending yourself now and risking your future well-being. When we are young, we feel invincible, and tend to do things that may hurt our bodies later on.
4. Make the commitment. Share your plan and get feedback from another person who will be willing to keep you accountable. Consider using an app for support and you can also keep track of your progress (or regression) in a journal. If you regress, that is OK. Just start again.

Be careful and pay attention. Take inventory of yourself, obey the signals, so you don’t pay the toll later when you are retired, trying to enjoy the fruits of your labor.

What investments are you making now in your future health and how might you enhance them? How can you strengthen your commitment to playing the long game for your executive vitality?

FURTHER READING

- From NIH: [Creating Healthy Habits | NIH News in Health](#)