

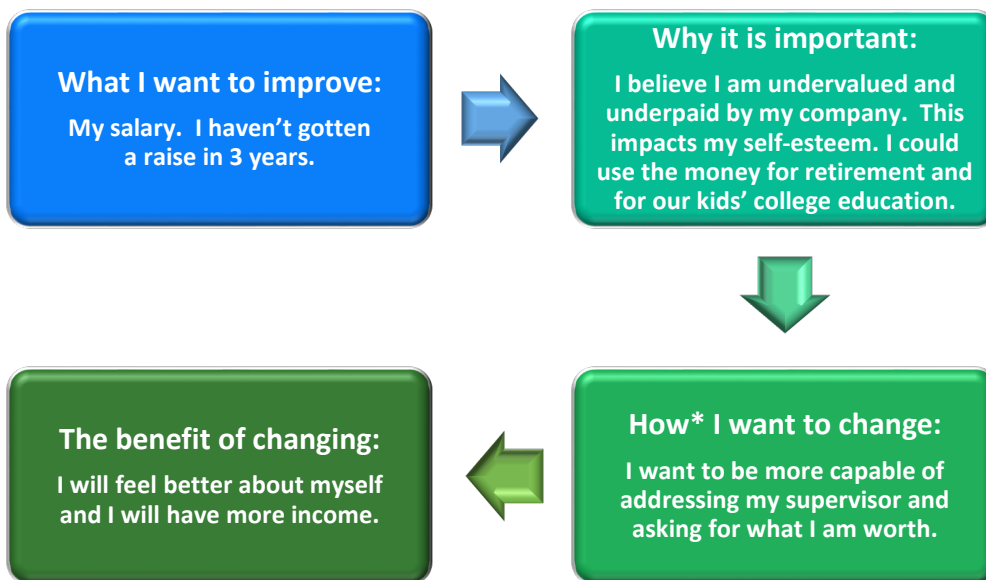
EXECUTIVE VITALITY™: SUSTAIN YOUR WELL-BEING

In last month's *Breakaway Performance*, we provided a self-coaching tool. It guides you to take an **Executive Vitality Inventory** and develop a **Game Plan** to improve in your weak areas and to maintain your strengths (or get stronger). This month, we took it one step further with a "how-to" for beginning to make some changes. Take your area with the biggest gap and try this now. **Remember:** Vitality is your choice. You can lose it, maintain it, or *enhance* it.

Let's assume you printed out your PDF from our January 2020 *Breakaway Performance* article, [Executive Vitality-Self-directed 2020](#), and you want to make progress in the areas you identified on your Executive Vitality Inventory. Rather than focusing on just one area, we are going to provide an approach that helps you achieve success in all the areas you selected when you did the exercise. This is the path to setting yourself up for success in your efforts: identify what you want to improve; pinpoint why it is important; plan how you want to change; and know the benefit of changing. Also, have a way to recognize your progress. Let's say the area you choose is related to financial life as in the example in last month's article.

Path to Success – Example: Salary Increase

Action statement: Improve my financial situation. Move FROM being underpaid TO being paid fairly for my contributions by speaking to my superior about my compensation.



***HOW: STEPS IN PREPARING FOR THE SALARY CONVERSATION WITH MY SUPERIOR**

Action statement: Improve my financial situation. Move FROM being underpaid TO being paid fairly for my contributions by speaking to my superior about my compensation.



The key to improvement is: Recognize that you need to do some work

- Inspire yourself with your path to success: What, Why, How*, Benefit
- *How: Make a plan
 - Obtain resources
 - Execute the plan
 - Reward your progress

Let's say you also selected EXERCISE and want to fill in the diagram as we did here. What would be your first task? (Answer: operationally define what you want to change). Then you would pinpoint why it is important. And so on.

Remember: You sustain your well-being.

What area(s) of my executive vitality did I identify that need my attention? What is the path and what are the steps I need to take?