

EXECUTIVE VITALITY™: PLANNING YOUR WELL-BEING

Boards and investors are becoming increasingly interested in the health profile of a prospective CEO. The issues of disclosure and privacy can be thorny – see [Death of CSX’s CEO Renews Debate on Health Disclosures](#).

It is February. The dust has settled from turning the page to another year, and yet, it is still early enough in the year to look forward and make a plan to go back to basics with your vitality rituals (see [EXCN Executive Vitality](#)). Make a plan to ensure you are doing the things that keep you nourished mentally, physically, financially, and emotionally.



What might a vitality plan look like? Here is just one example – there are many ways you could approach planning to maintain/improve your vitality in 2018.

Components of Executive Vitality™	Elements of Each Component for Me	Commitment Statement (what, when, with whom – if relevant)	Tracking - Success Indicators
Play	Entertainment	Subscribe to Circle in the Square Theater Company for spring.	Done – April 4 th
	Sports	Join company softball team in April.	Not yet
	Arts	Take up water coloring in summer.	Enrolled
	Reading...	Join a book club in February.	Started attending
Work	Goals	Review goals at least monthly.	Did in Feb., March, June....
	Development	Discuss with boss the possibility of obtaining an executive coach (by 2/28).	Engaged executive coach 2/15 Good dialogue started
	Workplace relationships	Discuss moving forward productively with Tom.	3 times in February; 2 in March....
	Networking...	Go to lunch at least once a week with a colleague (start now).	
Health	Sleep	Now and ongoing: <ul style="list-style-type: none"> Increase sleep to a minimum of 7 hours 	Up to 6.5 hours
	Reduced Stress	<ul style="list-style-type: none"> Join Susan’s yoga class 	Fun! Glad I did.
	Nutrition	<ul style="list-style-type: none"> Track food intake 	Most of the time.
	Exercise...	<ul style="list-style-type: none"> Track exercise 	
Finances	Financial plan	Meet with Dave quarterly	Yes – ongoing

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	Retirement Savings...	Increase 401k contribution now Set up auto-savings	Up 2% Done
Spirituality	Nature Religion	Spend more time outdoors with husband in the summer Get more active in my place of worship next month Visit other types of places of worship in the fall	Working on it. Took in leadership position. Went to discussion group across town.
Relationships	Family Friends	Communicate more starting now Communicate more; at least once a month with Lynn and weekly with Joan and George	Instituted less TV More Talk. Doing better with this.
Personal effectiveness	The Foundation	Use all my resources and practices above to achieve all my goals.	The Plan is helping.

What do you need to do in this new year to go back to basics and focus on the key things that keep you vital through the year? Are there some areas that need more attention in your plan than others?