

# **It's contagious!**

This edition of your Weekly Winning Resource is all about the word vigor. If you are full of vigor, you will approach life with excitement and energy, you will love wholeheartedly, you will be alive, and activated. Vigor is one of the 5 key strengths that are most highly correlated with happiness and wellbeing. (The other four are curiosity, hope, gratitude, and the capacity to love and be loved.) Vigor is strongly associated with general physical, and mental health. Most things that have a negative effect on our physical health and mood, also have a negative effect on our vigor. When you have vigor, you feel healthy, capable, and energetic. This is not the same as the energy you get from drinking coffee or an energy drink. That is a synthetic arousal that comes with nervous energy and doesn't last for long. Vigor is a deep mental strength that is powerful, intense, and gives you a zest for life. Research suggests that vigor is a product of regular exercise and activity because it is the feeling that comes from feeling physically strong and capable. Like the Ralph Waldo Emerson quote above, "whatever makes us think or feel strong adds to our power and enlarges our field of action." How are you staying vigorous?

## **Your Weekly Winning Word:**

### **Vigor:**

**Mental and or physical strength, energy, or enthusiasm; Power, vitality, or intensity in action.**

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## **Your Weekly Winning Article:**

Vigor is an activated zest for life that comes from a well-balanced lifestyle which infuses a sense of power and strength physically and emotionally. If you want to have more vigor,

there are things you can be intentional about in your daily life. In our Weekly Winning Article we share 5 tips that will boost your vigor and help you feel stronger. Check it out! [Click Here to Read](#)

## Your Weekly Winning Challenge:

Since there is a strong relationship between physical activity and vigor, we want to encourage you to incorporate some exercise into your week. If you are already active, add something new or increase the intensity. If you aren't, most exercise facilities will allow you to workout a few times as a guest to try it out, so go check out some places. Try an on-line class or get involved in a basketball pick-up game, or some other kind of group activity. There are so many fun activities to do. Make an effort this week to start some type of exercise program or increase what you are already doing.

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## Your Weekly Winning Quote:

*"Inaction saps the vigor of the mind." ~Leonardo Da Vinci*

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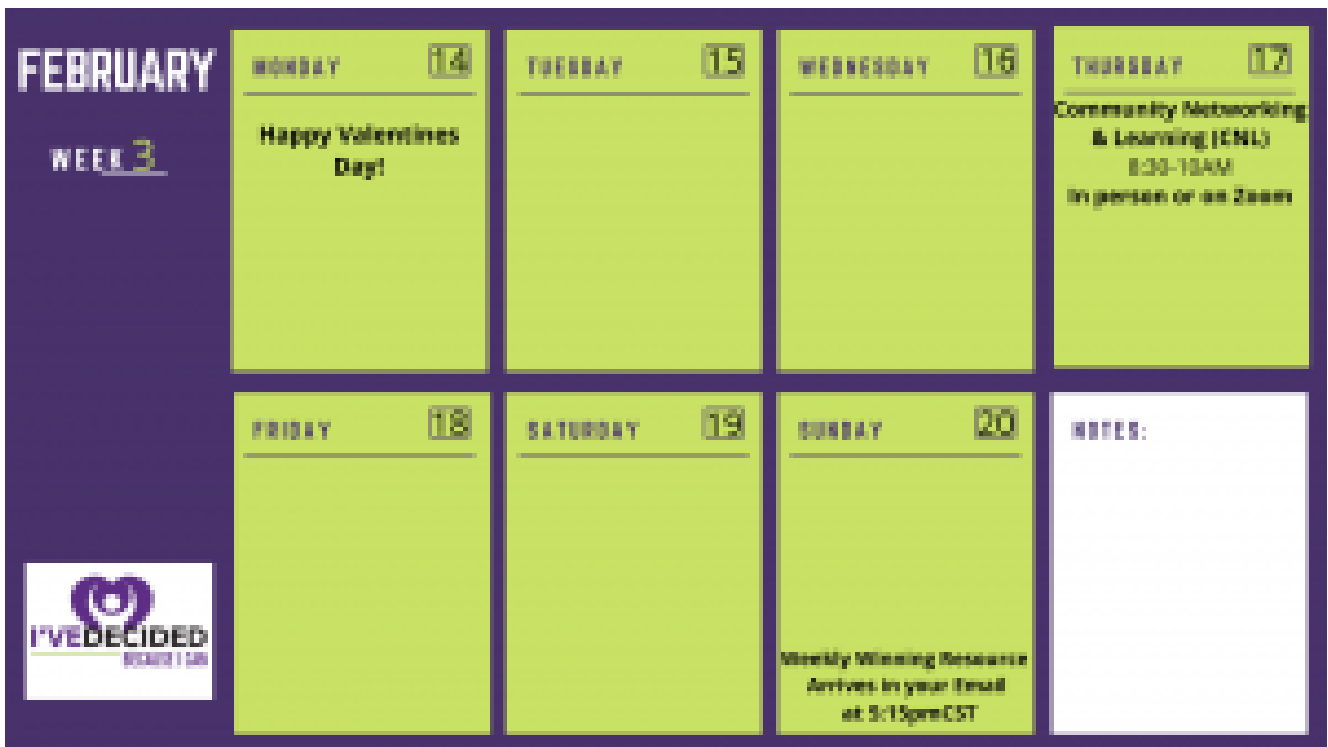
**Are you struggling with the motivation you need to exercise?**

Maybe it's time for some accountability and support from a coach. If you are not already a Launch My Success Member, now is the time to DECIDE to upgrade. You can opt for weekly group coaching or one on one coaching, whichever makes the most sense for you. We guarantee you will accomplish more in 2022 with the help of one of our certified Success Partners or we will give you your money back. Now, you have nothing to lose! Email us now and let us know you would like coaching.

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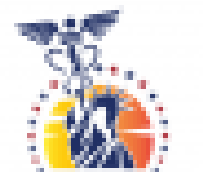
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