

AGEING WITH EXPECTATION – A.W.E

Friday 6 April, 2018

Keeping your vitality alive

Restoring vitality if it has been lost

A mismatch in levels of vitality

How to prevent the loss of vitality in older years

1. Be alert to the subtle onset of the loss of vitality
2. Be alert to the ways other people draw you into a life low on vitality
3. Be alert – vitality can lift your energy, vitality can drain your energy
4. Avoid people who drain your vitality
5. Avoid environments that drain your vitality
6. Avoid inauthentic (fake) vitality
7. Review-Goals
 - People
 - Relationships
 - Environments
 - Activities
 - Memories
 - Moods, emotions
 - Achievements
 - Enhancements
 - Self-affirmation
8. And MORE.....