

Valiant, Viable, and Vigorous.

To be Valiant means to show courage or determination - to put in a valiant effort.

Viable means to be capable of working successfully - a viable option.

Vigorous means to be strong, healthy, and full of energy.

It plain takes courage to change - whether it's a habit, a philosophy, or your whole life. Being VALIANT is part of the equation. Courage and determination go hand in hand and I believe it's a calling - just as authentic a calling as being called to the priesthood or to pastor a church.

The VALIANT are those who answer the call.

It is a VIABLE option for all to answer the call and it takes a VIGOROUS effort to do so - you can't answer the call to a valiant life from the couch.

So what does it take to CREATE a Valiant, Viable, and Vigorous life?

1) Boldly doing the next thing even when you can't see why or how it will get you to your goal. (I told you my story about how I went from being an 8th-grade writer to starting a catering company, self-publishing a cookbook, becoming a nutritionist, and starting Saving Dinner. I just did the next thing, and didn't see the connection until decades later when Saving Dinner was born.

2) We learn from our mistakes but we don't relive them. We extract the lessons and add them to the Experience File.

3) We want our dreams way more than we want our drama. As Brendan Burchard said, "People on a path of purpose don't have a lot of time for drama."

4) We believe we are created for so much more because of who we are - the very apple of God's eye.

5) Emily Dickinson said, "Fortune befriends the Bold." Fortune isn't necessarily a literal fortune but it's what we all want - a RICH, vibrant life (however you define it!). You get to do that as the creator of your own life.

6) The difference is decision - that's different than wanting. Wanting is wishing upon a star and hoping. Decision-making means you're all in, implementing everything that needs to be and working your tail off to make it happen. Big. Time. Difference.