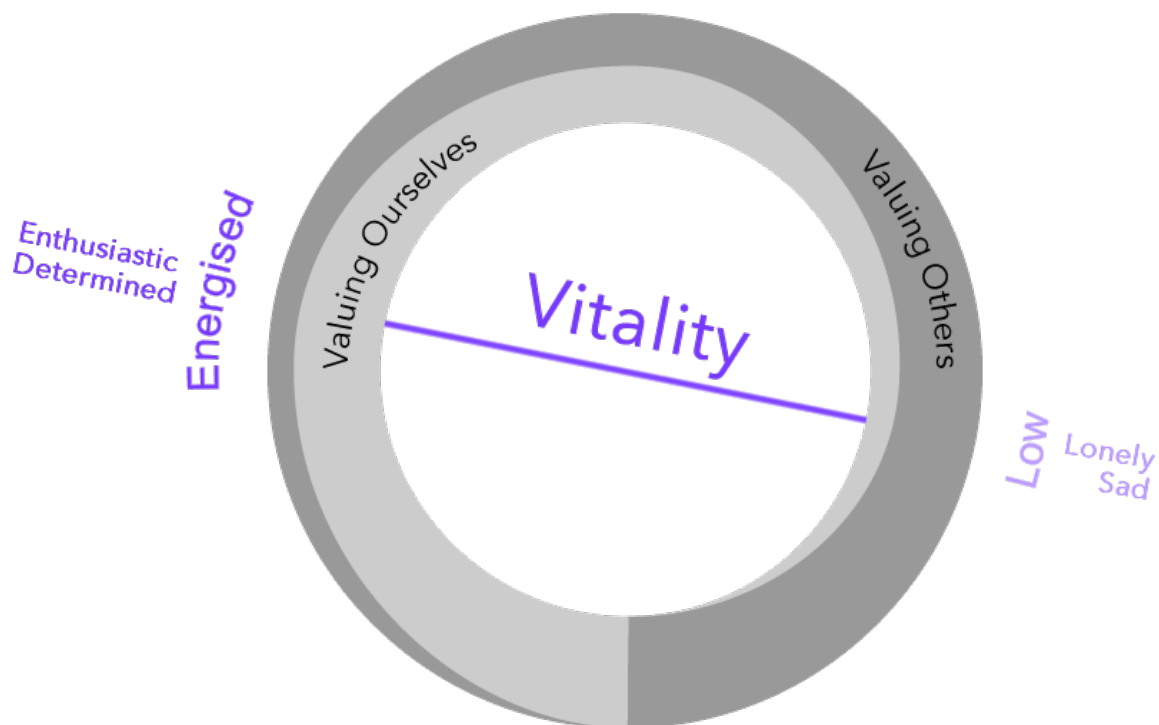


Energised

feeling enthusiastic, determined

I have clear steps to take to make my important goals happen. I decide to do things without waiting to be asked. I know what it will take to achieve my goals and I try my best. I'm excited and aim as high as I can. I stick at it and overcome things that get in my way. I can sort my tasks in order of their importance.



Vitality

The drive that comes from our sense of purpose and powers us to achieve our important goals. It gives us energy as well as clarity about what we want to achieve.