



with Dr Audrey Tang & Sharon Lawton

www.draudreyt.com

| www.natural-flair.com

@draudreyt

@sharonnatflair

Live your VITALS

1. Identify your VALUES (seek to live them daily)
2. What are your INTERESTS (incorporate them into your life, even at a low level)
3. What is your preferred TEMPERAMENT (although you can adapt, we are better energised when in a setting we can express ourself)
4. What is your AROUND THE CLOCK preference? (Try and shape your day to meet it)
5. What are your meaningful LIFE GOALS so far? (This will remind you of your desired purpose)
6. What are your STRENGTHS (Try to use them in what you do – your strengths do not determine your career, but focusing on them can help you succeed within your chosen field)

Living our VITALS is as important for good mental health as air and water is to physical health.



The CPD Standards Office
CPD PROVIDER: 21199
2019 - 2021
www.cpdstandards.com



with Dr Audrey Tang & Sharon Lawton

www.draudreyt.com

|

www.natural-flair.com

@draudreyt

@sharonnatflair

Notes



The CPD Standards Office
CPD PROVIDER: 21199
2019 - 2021
www.cpdstandards.com