



VIGOR

HEALTH & WELLNESS

“EVERY CELL IN MY BODY IS
HEALTHY, HAPPY, AND WELL
I THANK MY BODY FOR SUPPORTING ME EVERY DAY.”

VIGOR: /vig·or/ Derived from the word ‘vigorous’—to be strong, healthy, and full of energy—Vigor is conscious of what they consume emotionally, spiritually, and physically. Holding high regard for themselves, they demonstrate this by taking care of their wellbeing.

COLORS

CITRUS
Greens

CRISP
Whites

MARINE
Blues



IF VIGOR IS WHAT YOU NEED, YOUR LIMITATIONS OFTEN MANIFEST AS:

If Vigor is what you need, your limitations often manifest as a lack of discipline and unhealthy lifestyle habits. Your thoughts often do not translate into actions, undermining any health-related goals you set for yourself, whether it's related to a better diet or initiating a new wellness routine. The phrase, "I'll start on Monday," is all too familiar to you, but the date keeps shifting. You're good at keeping everyone else in check, but you often overlook yourself. Even straightforward self-care tasks can sometimes feel monumental, whether it's taking a shower or simply relaxing. You might be a bit of a hypochondriac, always sensing something is off kilter within your body that can't quite be pinpointed. During your health-conscious moments, you might impulsively purchase fruits and vegetables, only for them to spoil in the fridge as you continue to order takeout. It's your actions that create roadblocks on your path to wellness.

You're fully aware that some habits could be inhibiting your progress to becoming your best self. You indulge, you procrastinate—especially when there are looming deadlines—effectively becoming your own worst enemy at times. Despite declaring that it's time for a change, you quickly find yourself slipping back into a well known yet broken routine. This inconsistency highlights a clear disconnect between what you intend to achieve and the signals you're sending to your brain. This gap between aspiration and action isn't alien to you; you've encountered it more times than you'd care to admit. Yet, it often leaves you wondering why you're not making the progress you desire, why your goals seem increasingly elusive, and why you're still caught in the relentless loop of unhealthy habits. This repetitive circle could leave you feeling defeated, resigned to the idea that perhaps wellness and vitality are simply beyond your reach.



IF VIGOR IS WHAT YOU NEED, YOUR LIMITATIONS OFTEN MANIFEST AS:

The home of someone in need of Vigor can often mirror their state of mind – chaotic, cluttered, and unorganized. A quick glance around reveals stacks of papers, unattended laundry, and miscellaneous items scattered haphazardly around. The disheveled surroundings exude a sense of inactivity and lethargy, as if echoing the resident's own struggles with energy and motivation. Over time, this perpetual mess becomes yet another energy drainer, creating a continuous loop of physical and mental exhaustion that further exacerbates the lack of Vigor. But it's not just physical health where your Vigor falters; there's a distinct lack of respect towards your mental well-being, too. You often allow others to drain your energy without realizing that mental vigor is a vital part of your overall health. It's easy to feel burdened and overwhelmed when you let people encroach upon your personal space and consume your reservoir of energy. This leads to a constant feeling of exhaustion, both physically and mentally, which only works against the health and wellness you strive for.

People-pleasing forms another considerable aspect of this behavior. In your quest to keep everyone happy, you often stretch yourself too thin, compromising your own needs, desires, and well-being. This constant need to maintain harmony and avoid conflict often ends up with you dismissing your emotional wellness. Over time, these patterns will essentially drain your vitality, eroding the vigor you're aiming to create in your life. One of the biggest hurdles you confront in life is the fear of discomfort. Each chance to make a change makes you feel a sense of deprivation. This feeling, alarmingly, is a deterrent as it sews seeds of self doubt in the path of progress in any situation. Your comfort zone holds immense significance for you, but here's a question – how can you usher in meaningful change if you're unwilling to alter your current ways?



THE EMBODIMENT OF VIGOR IS SOMEONE WHO

The embodiment of Vigor is someone who is conscious of what they consume emotionally, spiritually, and physically. Holding high regard for themselves, they demonstrate this by taking care of their wellbeing. This doesn't necessarily mean working out at the gym; instead, they focus on nurturing their body, mind, and spirit from the inside out. Vigor understands that a healthy diet extends beyond just food; it's the television you watch, the music you listen to, and the company you keep. As the person who makes being healthy seem enjoyable and effortless, they inspire others to prioritize self-care and wellness as well. They possess that star power energy, radiating a clean and glowing aura brimming with the spirit of health and consciousness.

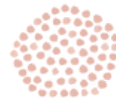
Embracing the holistic nature of health, they explore different practices like meditation, yoga, and mindfulness, incorporating the most resonant aspects into their daily routines. Those who embody Vigor often share their passion and discoveries with others, radiating positivity and encouraging others to join them on their journey towards a happier, healthier life. 'No' isn't a word they're afraid of; rather, they wield it like a mighty sword. This archetype is very protective of their energy, shunning situations that could deplete it. They recognize the importance of cultivating a nurturing environment and surrounding themselves with like-minded people who encourage growth and inspire positivity. This selective approach allows them to invest their time and energy in activities and relationships that nourish their well-being, rather than drain it. To them, FOMO doesn't exist — they'd prefer a quiet evening at home preparing a well-cooked meal, at least that way they know exactly what's going into their food.



THE EMBODIMENT OF VIGOR IS SOMEONE WHO

Vigor recognizes that their mind is an essential aspect of shaping their reality, and they continuously fuel it with knowledge and purposeful intention. They devour up-to-date research, new workout styles, dietary trends, and mind-body techniques. Their home exudes a sense of tranquility and purpose. Each space is meticulously designed to energize and inspire while also offering a calm sanctuary from the hustle and bustle of daily life. Natural materials, plants, and sunlight feature prominently, reflecting their love for nature and its restorative effects. The kitchen, often the heart of their home, is organized and stocked with nutrient-rich foods. Dedicated “wellness corners” or rooms are commonplace, filled with fitness equipment, meditation cushions, or anything else that aids their journey. Echoing their holistic approach to health, their home is not just a living space but a carefully curated environment that supports and aligns with their wellness goals.

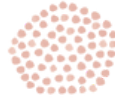
Vigor champions the idea of taking time out for self-care. They understand that to offer the best of themselves to their work, relationships, and passions, they must first attend to their own needs. Therefore, restorative practices like adequate sleep or meditation aren't seen as luxuries, they're essential for their survival. Regular exercise, nutrient-rich diets, and stress management techniques are integral parts of their lifestyle, designed not just to deal with existing health concerns, but to prevent issues from arising in the future. They intentionally set aside moments for relaxation and inner harmony within their schedules, choosing calming walks, refreshing workouts, or moments of stillness to maintain balance amidst the demands of a fast-paced world. For Vigor, self-love isn't just a catchphrase; it's a mantra that fuels their journey towards life.



TO PROGRESS ON THE PATH OF VIGOR, IT'S ESSENTIAL TO

To progress on the path of VIGOR, it's essential to maintain a firm respect for your physical and mental well-being. It may be challenging at first, as it requires a lot of self-awareness and the courage to face uncomfortable truths. But remember, just as it takes time to build up these unhealthy patterns, it will also take time – and commitment – to rectify them. “Mindset, habits, and routines are the cornerstone of realizing your wellness goals,” states Robyn Conely Downs, acclaimed Wellness Author. Accept the fact that it's okay to prioritize yourself, your needs and your well-being. You'll soon realize that this doesn't mean you're selfish, but rather, contributes to your personal growth. Engaging in self-care practices and setting aside dedicated periods of “me-time” are essential components of this process. Remember that this journey towards Vigor lies entirely in your hands. It needs consistency, determination, and above all, a solid belief in yourself. Holding yourself accountable and maintaining self-transparency is very important, but also take time to celebrate every little victory, every tiny breakthrough, every half-step forward. Remember, self-love is not an act of indulgence, but a requirement for maintaining overall wellness.

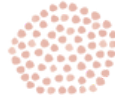
There will never be a ‘perfect’ time to set out on this journey. Consider loosely charting out your day, but remain flexible, as things may not always go according to plan. Perform routine self-check-ins, considering small yet consistent actions you can incorporate into your daily schedule. It could be as simple as a 30-minute cardio session on a mini stepper while watching self-help videos in the morning, or dedicating some time during the weekend nights to meal prep for the upcoming week. And for those who find maintaining order challenging, the concept of a ‘closing shift’ is gaining popularity. This routine involves setting aside 30 minutes every night to tidy up your space. On the path of Vigor, wellbeing isn't a destination, it's a journey encompassing self-awareness, acceptance, and continuous growth.



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It's time to infuse your home with life. Integrating natural elements like plants and streams of golden daylight are tied to an array of health-enhancing advantages. You'll find your stress and anxiety levels take a significant dip, and your ability to focus and overall mental well-being get a healthy boost. Light alone can have a huge impact on your life. Creating a circadian lighting system in your home – where timed sensors gradually increase brightness to gently wake you in the morning – is beneficial. A peaceful dining ambiance orchestrates the stage for truly relishing the meal you've prepared. A wood dining table isn't just a piece of furniture—it's a connection to nature in your own home. Wood, being a renewable material, reminds us of our connections to Mother Earth. Honor its expansive and lengthwise grain patterns in your furniture and flooring choices. Such a tranquil setting helps you tune into your hunger cues, curbs the tendency to overeat, and alleviates stress linked to unhelpful food associations.

Immerse yourself in the mindfulness of each bite, appreciating the nourishment it's bringing you. Consuming a balanced diet is a way to show self-respect. Adopt Conscious eating and fuel your body with high vibrational foods, avoiding items such as meat, fried, or heavily processed foods. Keeping harmony in your dining area is like a wellness regimen for your soul. Bathrooms, often overlooked, can serve as sanctuaries of rejuvenation. Bring in lush, flourishing plants that thrive in humidity. Consider the gentle, healing sounds of water, whether it's through an indoor fountain or simply the calming rhythm of the shower. Incorporate warm tones and natural materials like bamboo and stone to promote a grounding experience. Like a spa, your bathroom can become a premier destination in your home to unwind and reconnect with yourself.



TO PROGRESS ON THE PATH OF VIGOR, IT'S ESSENTIAL TO

Moving on to your bedroom, here is where your day both begins and comes to rest. Keeping its aesthetics clean, soothing, and minimal will help anchor peaceful vibes. Opt for soft, natural fabrics for your bedding—organic cotton, silk, or bamboo offer unmatched comfort. Aim for a color palette that mirrors the tones of nature—slow sunrises or shades of serene bodies of water.

As you shape your vigor-filled path forward, nurturing your Sacral and Root Chakras will help you on this transformative journey. Consider these chakras as your invisible allies. The Sacral Chakra, located just below your navel, is the energy hub of creativity, passion, and pleasure. When it's balanced, it fuels your enthusiasm, motivates you to take care of your physical well-being, and elevates your appreciation for the beauty in your surroundings. Meanwhile, the Root Chakra, settling at the base of your spine, is your grounding force. Its purpose: offering a sense of safety and presence within your physical world. Imagine a vibrant red cord extending from your root chakra deep into the earth's center. Use this imagery during meditation whenever you feel scattered or stressed, as it can aid in tethering you to the grounding energy of Mother Earth.



HOME

Biophilia: Infuse your home with life. Incorporating natural elements like plants and daylight is associated with numerous health-promoting benefits, such as decreased depression and anxiety levels, augmented attentional capacity, and overall mental well-being.

Wood Furnishing: Wood, a renewable material, grounds us as human beings. Embrace expansive and elongated wood grain patterns in furniture and flooring. A stable headboard combined with an exquisite custom-made timber bed frame exudes tranquility. Look for dense, substantial pieces featuring wood grain.

Lighting: Implement a Circadian Lighting Design using timed sensors for a gentle wake-up call. Adjust light levels for a warm ambiance, keeping the temperature at 2500-2700K for most tasks. Sconces, floor lamps, and chandeliers are excellent methods for enhancing your home's beauty.

Mindful Dining Room: Maintaining tranquility in your dining area is crucial to your wellbeing. A serene dining environment sets the mood for appreciating your prepared meal. Furthermore, it aids in increasing hunger awareness, reducing overeating, and diminishing stress related to negative food associations. To really reap the benefits of mindful dining, be purposeful with each bite, giving gratitude for the nourishment that the food gives to your body.

Low VOC Paint: VOC means "volatile organic compound", a category of substances that start to vaporize at average indoor temperatures. VOCs exist in countless products, such as paint, carpet, air fresheners, and even magazines. Selecting materials such as paint with low VOC content can enhance your home's air quality.



HOME

Air Purifier: Strive to maintain healthy indoor lungs by investing in an air purifier—ideally one equipped with a HEPA filter. This helps rejuvenate the air to its natural condition by eliminating pollutants that off-gas from furniture.

Healthy Office: Establish a workspace beneficial to your mind and body. The most effective approach to this is to design these spaces with adjustable furniture attuned to your needs. Ergonomic furniture such as standing desks can accomplish this, promoting less sitting and increasing mobility.

Terracotta Décor: Clay, prevalent in décor, protection, and design since ancient times, retains its color and functionality through centuries when fired into terracotta, creating a contemporary aesthetic. Wellness Bonus - Terracotta earthenware holds benefits that can positively affect your health and metabolism.

Circadian Lighting: Light alone can have a huge impact on your life. Creating a circadian lighting system in your home – where timed sensors gradually increase brightness to gently wake you in the morning – is beneficial. Modulate light levels for a warm ambiance, maintaining a temperature between 2500–2700K.

Materials: Cotton, Vegan Leather, and Wool

CHOSEN ITEMS





BODY

High Vibrational Foods: Conscious eating nurtures the body. Avoid low vibrational foods such as meat, fried or highly processed foods.

Coconuts: Use coconut oil in your cooking to boost your immune system, or enjoy electrolyte-rich coconut water for optimal hydration.

Lion's Mane Mushroom: Offers numerous benefits, such as reducing high blood pressure and preserving liver, kidney, and heart health. It can be taken as a supplement or used fresh in your cooking.

Black Pepper: Known as 'The King of Spices,' it's great to incorporate when embarking on a new health journey, as it cleanses your intestines and stomach. It's also beneficial for your skin, hair, mental health, and much more.

Mustard Seeds: Symbolize courage, faith, and endurance. Excellent for disease prevention, blood pressure reduction, and a valuable source of fiber. They can even be used as a scrub to exfoliate and moisturize your skin.

CHOSEN ITEMS





SOUL

Crystals: Amethyst (*Personal Willpower*), Clear Quartz (*Master Healer*), Obsidian (*Inner Progress*), Brown Agate (*Helps with Mental & Physical Digestion*), Tiger Iron (*Increases Stamina*), Amethyst (*Encourages Self-Control*), Turquoise (*Protects Immunity*), Moss Agate (*Peace of Mind, Body, & Spirit*), Emerald (*Heals Mental & Physical Problems*), Smoky Quartz (*Healing*), Sodalite (*Promotes Sleep*)

Essential Oils: Eucalyptus (*Healing*), Lemongrass (*Promotes Good Energy*), and Juniper Berry (*Lifts Mood & Spirit*), Lavender (*Calms the Mind & Promotes Restorative Sleep*).

Plants: Calendulas (*Healing*), Gladiolus (*Strength*), and Aloe Vera (*Promotes Healing & Happiness*).

CHOSEN ITEMS



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