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Vitality of the mind is somebody's mental blueprint of the world
 The joy somebody exudes - the laughter of the heart
 It's that place where the circle of ideas, visions and dreams is built
 What it takes is listening to your heart
 It takes a little courage because what's made with fantasy often means to dare greatly
 It's that feeling that might scare us a little but excites us a lot

It makes us walk into unknown territory in order to walk from fear to freedom
 But once on that road, we'll make the profound discovery of how to be lively,
 vivacious, curious and witty

Vitality of the mind is what makes us achieve the impossible

#swissvitality