



# WEEK FOURTEEN

## Positive Energy and Draining Influences

HANDOUTS

AND

PERSONAL DEVELOPMENT  
WORK

*Things turn out best for the people who make the best of the way things turn out!*

*(John Wooden)*



## WEEK14

### Recap Questions from previous week (s)

Set aside at least **30 minutes** to do the following exercise it will build on earlier exercises. This exercise may take between 30 – 90 minutes.

1. What have you specifically learnt about yourself and success from last week's class and the actions you have taken in between?
1. How did you get on with noticing when you felt successful and what that was like for you in terms of thoughts, feelings, images and actions during the week?
2. How often each day, did you catch yourself being successful?
3. How did that make you feel?
4. How often did you catch yourself not being successful?
5. What did you do about it?
6. Did you share your definition of success with your 'supporter/coach/buddy'?
7. If yes, well done, if no, what stopped you? Will you change that this week?
8. How did you celebrate your successful challenges?
9. How much closer are you to successfully achieving your chosen goals?



## SEEING THINGS FROM A POSITIVE PERSPECTIVE

This week's session is all about positive thinking and the benefits of it. By positive thinking I don't mean you have to be positive all of the time, nor do you have to be unrealistic about problems or challenges that come up. In fact being positive **all** the time could lead you to ignoring signals that something needs your attention in an area of your life; could be misconstrued as unrealistic or egotistical; cause you to miss the opportunity to learn from a situation or mistakes and even create communication problems when dealing with individuals who operate from a negative perspective.

Being positive is an attitude of mind and it determines your perception of life, situations, problems and people as well as how you see 'the world'. As a positive thinker you might find yourself managing your thinking effectively when challenges or problems come up, see a situation from a solutions perspective, learn from mistakes and challenges so you can let go of the past and grow into the future, try new things without worrying about failing - expect a good outcome but know you can handle it if it isn't.

So what would you say is your preferred style? Are you a positive thinker or do you lean more towards negative thinking? Do you see the opportunities in daily challenges or are you more prone to being shut down or frozen by fear? Does your mind chatter (inner self talk) encourage and support you at times of challenge or does it drone on about the worst that can happen? Your answers could support you in better understanding why you might experience certain positive or negative emotions and feelings on a daily basis as well as highlighting why you may find it easy or difficult to take action when it comes to goal setting; how you perceive the world defines how your world will be.

Working on having a positive outlook can help improve your self-esteem and confidence and research by Shawn Achor says being positive increases success rates, business outcomes, intelligence, health and creativity. Now that looks a good enough reason to consider changing your mindset and attitude to a more positive one.

And if you're interested in the law of attraction, too big a subject for me to cover fully in this workbook, then you'll know that in order to bring more of what you want into your life, it's important to energetically vibrate at a positive level. To do that you will need to work through negative mind chatter, limiting thoughts and beliefs, notice what your negative habits and patterns are around your goals as well as what your daily emotional states are. The great news is even if you consider yourself to be a little more towards pessimism rather than optimism, because of the work we have done together earlier in this programme by now you will probably know what you DON'T want which as you know, means you can turn that around into what you DO want and start to move towards positive thinking – if you want to.



If you want to understand the law of attraction in more detail here's some suggested reading and research material: The Secret – DVD or book, though I recommend you use it as a motivational tool and then remember to add ACTIONS to it to manifest what you are focusing on, Esther and Jerry Hicks – Ask and it is given, David Hawkins – Map of consciousness, vibrational levels and their corresponding emotional states and Jack Canfield's energy levels 1-10 and how to move from guilt and despair to joy and passion. I hope you will find something that interests you there, this is a huge topic and there is a lot of reading material around to choose from. Working with it can really help you to start raising your attitude and mindset towards a more positive state.

To get you thinking about how you see the world, there follows a list of statements you may be familiar with. Which ones reflect your thoughts?

In general, when faced with a situation or problem, even if initially I am taken aback by it I tend to....

- See my glass as half full rather than half empty
- See obstacles in life as challenges to overcome rather than problems or impossibilities
- See difficulties as opportunities to grow and develop myself and my character
- See life as a journey of opportunity rather than a trial
- See the good in people rather than the bad
- See the good in myself rather than the bad
- Learn from my mistakes
- See my experiences as opportunities to use for the future
- See the sunshine rather than the gloom
- See the good points of even the gloom (much learning to be found here)
- See the upside of things, whenever I can
- See the best in the present moment, I get over 'stuff' fast and don't dwell on the past but learn from it



How did you do with that list? The aim is for you to get a clear perspective around how you think in general. This session isn't about criticizing or condemning negative thinking, it's about you being honest with yourself about how you tend to think most of the time so you can catch it, challenge it and change it if you want to. Take a moment and write the answer to the following question below:

- What are the benefits of thinking positively?
- Specifically how could it help me to improve (areas of) my life?

When you decide you want to make any change or set a new goal, you need to be clear about the purpose behind doing that. If you don't know why you want to think or be more positive you might not take the action necessary to sustain it and it could become another 'nice to have idea' with no real change taking place.

I used to be a very negative thinker who struggled to find the good in or the lessons in situations. I would find it easier to tell you about the one rainy day on holiday than about the 6 days of sunshine. I didn't mean to be a negative thinker I didn't even know I was! What I did know was that a lot of the time I didn't feel happy with the way I thought about things, but it took some time for me to realise that thinking negatively helped me avoid being disappointed\*. Maybe negative thinking was something I learnt growing up, after all, who you hang out with most of the time impacts on your thoughts and beliefs about yourself, or maybe I made an unconscious decision at some point, that said it was easier or better this way. Whatever my reasons, I'm glad I found out about positive thinking and learned how to turn my negative thinking around. Achor's research says that a positive thinker leads to a happier individual; I personally know that's true.

- If you're more drawn to negative rather than positive thinking, what might you be avoiding by thinking in this way?\* (my example was disappointment. What's yours?)

If you find you aren't as positive as you'd like to be there are ways to change your perspective. But before we go there, answer the following questions:



- How do you know you could do with improving your thinking?
- How would you know if you were a positive thinker?
- Who do you know who is a positive thinker?
- What skills, traits, capabilities do they have that you don't have?
- That you do have?
- If you were more positive in the way you thought, what would you be saying or thinking differently to how you think now?
- What changes could positive thinking bring into your life?
- How could it support or change your levels of confidence or esteem?

Answer the above before moving on

What conclusion have you come to about positive thinking?



One way to start to change your negative thinking and perspective is to become aware of it, do something about it then start to connect and surround yourself with more positive people. We've already looked at this in an earlier session however, it's so important to remember and recognize these simple steps:

**Step 1 - awareness** – catch yourself being negative, check in with it.

Is this response a habit? If so, how is it beneficial to think like this?

What fears does thinking negatively support?

How does it make you 'right' and the other person or situation 'wrong'?

Perhaps you are just being realistic? If so, how would you know that was true?

What can you learn from this situation or negative thinking process?

Are you taking part in catastrophic thinking? If so, what does this way of thinking give you? Maybe you are looking for a little bit of drama, excitement or attention?

Getting clear about your thinking can give you enough awareness to allow you to move onto step 2.

- Catastrophic thinking means blowing things out of proportion, making something much worse than it is/was – this needs interrupting and challenging!

**Step 2 - challenge** – what do you want instead? Identify this so you can make some **changes** – and to do that you'll need to do something different to get a new or different result. To be successful in your goal of positive thinking, you may have to ask others to help you and if you are surrounded by negative people, you might even find you have to find some new friends or people to hang out with some of the time.

Start looking for and connecting to positive people whom you feel have qualities and energy levels that you'd like more of for yourself. Strong, motivational, inspirational, positive individuals emit a positive stream of energy and are great to hang out with. But remember, like attracts like, so when you do find them, you will need to be aware of your intention – to be more positive – so you can enjoy their company and start to allow their positivity to rub off on you. If you stay in a negative state in their company for too long, you may find they move on.

- Where will you look to find positive people to hang out with?
- What will you set as your intention the night before meeting them?
- What about the morning of meeting with them?
- Whilst hanging out with them?
- What will the gains be for you?
- What might you learn from them?
- What would you expect to feel after being with a positive group compared to a more negative group?
- How could you maintain your positive feelings? (think state management)
- When will you do something about the above? .....



Both positive and negative energy is contagious one on one and most definitely when in groups or crowds. Those who pray together at a place of worship connect energetically with each other and with God. Sporting fans (ie football) know the power of the crowd when cheering on their team, thousands of individuals united as one; shouting, standing, groaning, cheering in unison. Fans at a music concert singing, cheering, moving, shouting as one. If you have ever experienced any of these positive examples you'll know the feeling is electric, magnetic, trance like, uplifting, inspirational. If you've experienced a crowd from a negative perspective, (depending on whether you were observing or taking part in it), you will know it can be frightening, without thought or fear of consequence, powerful, filled with emotion, mesmerizing, consuming and have some painful and disasterous outcomes.

So think carefully about who you hang out with most of the time. Realise your energy can be influenced, affected and taken from you (draining associations) as well as increased (positive associations). We'll look at that a bit more in a minute.

Here are some tips if you want to move from a place of negative thinking towards a more positive one:

1. Consider looking at your daily routine and finding new ways to change it. One great tip is to break routine and start bringing in different ways of doing everyday things, for example, do you always go the same way to work each day? If so, find 2 or 3 new routes and start taking them on different days. Research shows breaking routines can have a positive impact on us.

Do you have set meals, days for shopping, housework etc? If so mix them up. If you usually have no routine, try putting some in for a change. Look to change little things on a regular basis, stand back, notice your new efforts and enjoy knowing it's a step towards a positive mind set.

2. When 'bad' things or events happen before you lapse into your old way of thinking stop, catch yourself, notice what is going on, put yourself into a positive physical state then consider the problem or situation.  
What just happened?  
What real impact will it have on you and your situation?  
What can you do to handle the outcome?  
How bad is it on a scale of 1/10?  
What can you learn from the situation?  
How can you prevent it occurring again?  
What responsibility can you take for it?





Finding the learning in any negative situation and the positive opportunities is a really excellent approach when wanting to move from a negative mindset to a positive one. For some of you, working with a coach on this way of thinking will be much easier than doing it alone. Give it a go and see how you find it.

- Outside influences occur. Your brain looks for a pattern match in order to see how it should respond. It finds one based on your past experiences, teachings, lessons, decisions, values and beliefs. This causes an emotional response within you which manifests in you having a thought about the situation – positive or negative. (APET theory Joe Griffin & Ivan Tyrrell) This response/thought experience has a vibration, according to the law of attraction whatever you vibrate (for a given period of time) so you will attract.
- So what energy forces do you want to attract into your life?

Get clear about your answer now.

Changing your energy and vibrational level is the same as any other goal; it's possible to work towards, if, as you already know from previous exercises:

- you become aware of how you're currently operating
- identify and then know what you don't want
- know what you want instead
- think about what you want and write it as a goal
- believe it is possible you can have it
- ensure it is about you and not others (we can only truly change ourselves)
- give it a subjective date by when you would like it to be true
- want it 10/10 (focusing on the positive want rather than the lack of want)
- are willing to take regular action on it
- forgive yourself if you forget or get it wrong, learn from it and choose to do something different or better next time (recent research showed that those who were looking to lose weight and forgave themselves when they slipped up with their diet, were more likely to lose weight than those who were angry with themselves - 2010)

The aim of the following exercise is to help you gain a greater understanding about your energy levels. Have you noticed certain people, places and situations can cause you to feel energized and uplifted? Equally are there people, places and situations that cause you to feel down or drain your energy?



So what is energy? Energy can't be seen yet it's everywhere around us and everything is made up of energy. Although there are many kinds of energy I want to mention two broad categories; potential energy and kinetic energy. Potential energy is stored energy that is waiting to 'do something' it has the potential to make something happen whereas kinetic energy is doing energy; it actually makes things move or happen.

Science tells us that we can't actually create or destroy energy all we can do is convert it from one form to another. Human beings have the potential to be filled with or drained of energy, often that can be linked to how they think, feel or react to a situation or person, their environment and who they hang out with on a regular basis!

A lot of the time we're reacting to the energy of people and environments around us. Have you ever had the experience where you were in a neutral state and then walked into a room and knew something was up even though no-one was saying anything? You might go home and say: "you could cut the atmosphere with a knife!". If you've had such an experience, how did it impact on your neutral mood? Were you able to maintain it or did you find yourself being affected by the energy in the room?

Maybe you decided to remove yourself from the situation as quickly as possible and then got outside and took a deep breath and thanked your 'lucky stars' to be out of there. Or maybe you had no choice (we know you did really) and stayed and found yourself being quieter than usual or adapting your mood to fit that of those around you and ended up affected by the atmosphere or people around you.

Take a moment and remember such an experience.

What do you recall? What can you learn from this memory?

Those around us can and do impact upon and affect our mood and energy and if you want to become a more positive thinker it will be important for you to become aware of your starting place, aware of who is around you right now, aware of the environment you live and work in and I'd even go so far as to say aware of how to protect your energy so you have more control over your mind and body as well as your actions. If you don't you might find yourself struggling to change your mindset and continue to feel drained on a regular basis.

Equally find yourself in the 'right' situation and you can feel uplifted and boosted. So when it comes to moving to a positive mindset, if you can identify people and situations who boost you maybe you can have more of them in your life, and if you can identify who contributes towards you feeling less positive, it can help you to see less of them or only see them when you feel strong and in control. The great thing is... being aware of the above gives you choice.



## EXERCISE

Write a list of all the people you spend a fair bit of time with – include your closest family, friends and people at work. Add any other important people you hang out with or around.

1

2

3

4

5

6

7

8

9

10

Use more space as require



Next:

- Write a few words to describe the main characteristics of each person
- Write down what effects each person has on you? (positive and negative)
- What emotional states do you feel when around them?  
ie angry, irritated, drained, uplifted, tired, energised
- What behaviour's or traits do they bring out in you?
- Do you behave differently with each of the people you have listed above?
- If yes, how?
- Does being with them usually make you feel good about yourself?
- If yes, wonderful. If no, how does each one make you feel?
- Identify who you feel heard and seen by
- Who is there for you in a supportive and adult way?
- Who do you have fun with?
- Who do you feel you have to be there for but want to escape from?
- What messages/conversations/stories do they convey to you on a daily basis?  
Positive/negative/mix? If a mix what % would you attribute to each person?

- ✚ What did you discover by doing that exercise?
- ✚ Were there any surprises?
- ✚ Who did you discover drains you the most? When did this person first start to drain you?
- ✚ How did you allow it to continue?
- ✚ What is it about them that 'makes' you feel drained?
- ✚ How can you use your new awareness to deal with or handle relationships you have with people who drain you?
- ✚ Are there specific actions you could take to reduce or remove the draining people from your life?
- ✚ What about you? Do you drain 'you' with negative thoughts and thinking? Are you your biggest energy stealer?
- ✚ How does your energy and mental state impact on others around you? Might you be on someone's draining list?



Some clients shared that until they did the above exercise, they hadn't realized how many of the people they worked and lived with were negative and how that impacted on their mental state. Just knowing this can be very helpful. Later we will look at ways to start to protect your energy so you can hang out with them, some of the time, if it's necessary, without being dragged down to a negative state.

If you discovered you have wonderfully positive people surrounding you, it would be great to let those people know, often. It's interesting how we sometimes forget to thank those around us when they do well or are uplifting to be around but how easy we find it to notice the negatives. Praise or acknowledge the positive individuals you have in your life, doing that will raise your spirits as well as theirs. These small steps are all ways forward in developing and maintaining a positive mindset. As Ghandi is quoted as saying:

“IN ORDER TO CHANGE THE WORLD I HAVE TO CHANGE MYSELF FIRST”

“YOU MUST BECOME THE PERSON YOU WANT THE WORLD TO BE”

Ghandi

Now you are clearer about the people in your life, let's take a look at the draining issues or topics you have in your life. List the top five issues, goals or topics that drain you on a regular basis.

The following issues/goals that drain me on a regular/daily basis are:

1

2

3

4

5



- ✚ Next ask yourself, how have I allowed these issues/goals to become a drain? What is it about them that 'makes' me feel drained?
- ✚ Are there specific actions I could take to reduce or remove the draining issue?
- ✚ What benefits are there in continuing to allow draining goals/issues in my life?
- ✚ What 'need' do they meet for me? (ie martyr, rescuer, attention, significance, moaner, feel needed, drama, connection, comfort, certainty, wanted, or something else?)

Now you are more aware of people and goals or issues in your life that drain you, what would cause you to allow them to

- a) remain in your life?
- b) continue to drain your energy?

- ✚ What actions can you take to change how you think or see this current situation?
  
- ✚ Who might you ask to help you?
  
- ✚ When will you take action?
  
- ✚ How will you feel when you have taken action on the most important draining influences?

Think carefully about your answers.

If you choose to keep the draining influences and people in your life remember our session around choice; it might be a good time to go and revisit it now.

- ✚ With that same self-awareness, what can you do to ensure you don't attract more negative or draining issues, goals or people into your life in the future?

Make sure you commit to taking action on your above answers.



## DRAINING ISSUES and BLAME

Part of your personal development journey needs to include an exercise around draining issues and blame if you are to free yourself from past habits and move on to healthier times with renewed energy.

Having identified what drains you gives you more choice.... choice to change or accept circumstances and situations. This is an empowering experience. If you continue to accept or allow the draining issue to remain in your life, then it's important to remember you had choice and you chose to let it stay. You can avoid falling into the negative, victim mentality of blame or martyrdom by reminding yourself of this any time you find yourself complaining about a person or situation. You can still change the situation. Blame, whether it's blaming others, circumstances or yourself, keeps you stuck where you are. Blame stops you learning. Blame gives your power and responsibility away to others. Blame lets you off the hook and keeps you trapped. Blame drains you and it drains others too.

In order to move on from blame or draining issues you may need to learn to let go, 'letting go of' may mean acknowledging a situation didn't work or a relationship has come to an end. When you find yourself ready to let go of the draining person or situation, consider asking yourself questions a bit like those that follow(coming up with your own questions would be really helpful, but if you aren't sure what to ask yourself use the following to get you thinking :

Select one of your draining issues.....

- When did I accept this was how the draining situation or relationship had to be?
- What caused me to allow this person/situation to remain in my life for so long?
- Where have I been avoiding my responsibility to change the situation?
- What is it that makes it easier to stay with the situation rather than deal with it?
- Who have I been blaming for the situation?
- What could I do to change the situation/relationship?
- What action do I need to take to make that change happen?
- What would the consequences of that change be?
- Where would I win?
- What would I lose?
- With that in mind, what is the best decision for me?
- What can I learn from this situation to help me move on from it?\*



Now you have answers to those questions, check if you are ready, willing and able to let go, by doing the next exercise.

### **LETTING GO**

Staying with the above issue you selected to do the last exercise on, ask yourself

#### **Am I willing to let go of this situation?**

Check your answer carefully you will get a sense of yes or no.

(You could test your answer by doing the yes/no exercise, take a look at the Kinesiology video clip to see how to).

If you are not ready to let go of this issue, what do you gain by keeping hold of it?

Now you know the gains, you have choice, you can continue to keep this situation/issue without bad feelings, or you can move onto the next stage, letting go.

If you have decided you would like to let go, think of the area/situation or person you are working on first, then list all the things you would need to let go of in order to move on from the situation. (ie memories, feelings, decisions, learning's, the person, etc)

- 1
- 2
- 3
- 4
- 5
- 6

- Looking at the above list, which one are you willing to let go of first?

Next ask yourself:

- What will you have to do to let go of this?
- How willing are you to let go? (*mark on a scale of 1 – 10, 1 = not ready at all, 10 = I am ready to definitely let go*)
- Notice your reactions to your answer
- What is your resistance level?
- What will you do with this information?
- Write an action list now

You might like to take this into your coaching session

- Now look at the other items and do the same as above





When you have the answers to the above questions, use them to help you make an informed decision about your current 'draining situation'. Doing so may allow you to find a new way to think and operate which could free you up to feel more energized. Looking at draining situations in this way and asking questions which give you more insight, can help you to find your patterns, as you already know, with this information to hand you may be less likely to repeat the same mistakes again in the future should the same situation occur again. In this empowering state you can learn from the past, develop your new awareness and skills and grow into the positive individual you want to be.

The alternative is to avoid stage 4\* of Kolb's learning cycle, the reflection and learning stage. If you choose to avoid it, you might ask yourself questions such as: How did this happen to me? Why does it keep happening to me? What was I thinking? Where did I go wrong? Why me? Etc etc Asking these type of questions will keep you stuck in the past, moving nowhere, continually repeating the same mistakes, and maybe even drag you towards 'poor me' syndrome, victim mentality and dare I say it.... you could be an energy drain to others.

So now we have thought about the blame and drain approach, it's time for you to revisit the list of people and situations you identified as draining you. Decide which person or situation you want to handle first. Ask yourself the questions, take the topic to your coaching session and start to make the changes you desire happen. Doing this will help you to become aware, empower you and move you towards 'personal power.'

Set aside at least 30 minutes now and work on this.

So now you are clearer about draining issues and how they affect you, take some time to share with your coach or buddy what your new understanding consists of and what you will do to reduce or remove these influences from your life



## **Next Week**

Protecting your energy  
Stopping feeling drained

## **RECAP**

The information from today's session can help you to get clearer about:

Questions

Seeing from a positive perspective  
Connecting to positive people (2 steps)

Tips for positive thinking

Energy Levels

Draining issues and blame

Letting go

Kinesiology check

## **Personal Development Exercise (s)**

Benefits of thinking positively

Difference positive thinking can make

Clear about influences others can have on your energy

People you hang out with

How you are affected by energy

Draining issues and topics

Working on your draining issues and topics

Letting go

## **Optional Extra**

- What feelings have surfaced from exploring "WHAT'S DRAINING YOU?" ie resentment, anger, sadness etc
- What could happen if you hold onto those feelings and don't deal with them?
- How could you release those issues?
- List everything you currently feel resentful about, (dict definition: show or feel indignation at – be aggrieved at), it could be people, situations, circumstances, write a list until it starts to feel silly. Get it off your chest
- What makes you angry? (dict definition: extreme or passionate displeasure), write a list until it starts to feel silly. Get it off your chest.
- This list will help you to let go of unhelpful feelings, help you to move on.
- Now, write down everything you are grateful for (we will look more at this in week 16)
- Lastly, write down all the things that make you happy.



## Personal development work between sessions

### **WEEK FOURTEEN exercises to do at home in between sessions**

**Find a coach or trusted friend who you can report to on your actions and successes**

**I will ask ..... To support my work on this course**

Put these questions onto cards and place them around the house where you can see them, place one in your bedroom (to remind you what you are doing when you wake up in the morning), one in the kitchen where you can easily see it, one in your car and another in your diary. Put the cards anywhere that will remind you of the questions you are to think about this week to help move you forwards. (Remember last week's questions as well as this weeks)

Questions to think about this week:

In order to continue the self-awareness work I have started here **as I go through my week, I will ask myself the following questions as often as I can every day** and just notice how I operate so I can choose to change anything that is not helpful for me.

- This week as I think about my top 3 goals I will be aware of any negative thinking or draining influences around them
- How often did I feel drained or negative today?
- What did I do when I discovered it?
- Where do I give my power away?
- Who do I give it away to?
- When do I give it away?
- What situations/people free me up and give me energy?
- What am I doing each day to feel and act positive?
- On a scale of 1 – 10 how much do I want to feel/be positive daily?



# WEEKLY ACTION PLAN

Where are you with your goal(s) now?

Write a sentence saying what you think about the goal you are working on right now.

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On a scale of 1 – 10 how much do you want to achieve this goal(s)?

What three steps could you take this week to help move you closer to your goal?

Write them below.

- 1.
- 2.
- 3.

What have you done over the past weeks to take you closer to your goal? Write your progress to date here.

