

## Where is your energy on the scale?

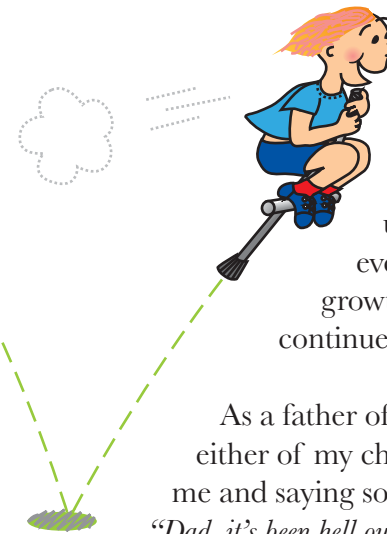
Night and day.

Good and bad.

Right and wrong.

A dichotomy exists.

Energy is no different.



At one end of the scale there is the energy of a typical four-year-old. From morning to night, their boundless energy fills their day with discovery, wonder and learning until they finally come to rest each evening for the purpose of renewal and growth – only to rise again the next day to continue to discover, wonder and learn.

As a father of two children, I could never imagine either of my children at the age of four coming to me and saying something like this:

*“Dad, it’s been hell out there in the sandpit today. I’ve had three trucks go down and one bridge keeps falling over. Frankly, I’ve had enough! I’m just going to head upstairs for a couple of hours and*

*grab some sleep, so if you could wake me up in time for dinner that would be great!”*

A dichotomy exists.

At the other end of the scale, I wonder if you have ever had to live or work with someone who was metaphorically dead, but not buried yet.

These are the people who, when you ask them how they are and they tell you, you wish you hadn't asked! You think to yourself, *“I didn't want to hear all of that negativity ... I was just being polite.”*

Now I'm not denying that life has its ups and downs. That's another dichotomy. What I'm talking about are those people who live permanently at the lower end of the scale.

Let me give you another example.

Have you ever been to a colleague's goodbye party ... their farewell morning tea ... and you know what was being said in the farewell speech about the person was not true?

The typical speech goes like this: *“We are really going to miss Bruce ... he is going to leave a huge hole in our department”*... to which the private response of the listeners could be either genuine agreement or *“Yes, we know what kind of hole applies to this guy... an ar?@#%le!”*.

Anyone you know spring to mind?

It's really up to you what will be said about you.

It's not about intention either ... it's about behaviour. We can't *intention* our way into being effective. We have to *behave* our way into being effective. We can't *intention* our way into better relationships. We have to *behave* our way into better relationships. We can't even *intention* our way into better health. We have to *behave* our way into better health. For example, I wonder if you have ever *intended* to exercise and then left it at that?

If it's any consolation, even the great Winston Churchill was quoted as saying, “As soon as I feel like exercising, I just lie down for a while until the feeling goes away!”

Intention, of course, is a great start, but the real test is what we do or don't do every day in every interaction in our work and family life. This is what ultimately determines the real truth in what is said at our farewell morning tea.

It's really up to you.

This book is for all of you who have ever watched a four-year-old and lamented, “I just wish I had their energy!” Its purpose is to encourage you to consider how you can live with more positive energy. It's about better understanding how your



## **WHERE IS YOUR ENERGY ON THE SCALE?**

energy can either energise or drain the life out of others. It's about increasing your own personal effectiveness, and ultimately it can ensure that you won't be lied about at your farewell morning tea ... or your funeral!

Enjoy the read ...

Enjoy the energy ...