

THE DISRUPTIVE CHANGE MAKER

Principle #6 - The Principle of Energy

Everything is energy.

CORE TENETS:

- Thoughts are things.
- Whatever you think, feel, and practice (your energy) impacts the world around you.
- Your own energy as a coach impacts the coaching conversation and coachee.
- What you practice (in thinking, feeling and emotions) either raises or lowers your energetic vibrations.
- The power of creation lies in aligning your thoughts, and emotions and actions.

1. Consider these questions:

- What are the points of resistance that you are noticing in engaging with these elements?
- Is lightness, as a way of being, readily accessible to you? When is most available? When is it least available?
- What impact has your way of being been on a particular individual or situation?

2. Review your projects and prepare for your final project presentations on November 8th. Be prepared to put action steps to the work, no matter where you are in the process and share your commitment.