ENERGY CIRCLE process

INTRODUCTION

Humans can be very unique individuals, but much of what we learn comes from modeling behavior from other people. This modeling of behavior starts at birth and continues our entire life. On our life string we have modeled both positive and negative behaviors. Both can be so hard wired into our daily system that we and others can experience the effects daily. But how do we get better with both our negative and positive behaviors with something that is so ingrained in us?

The Energy Circle Process is a Tool that will help us understand ourselves. It will also help us to increase our performance in a positive direction so that we and others can feel better about the way that we act. And hopefully we can become a positive model that others on our string can model.

Step 1

ENERGY CIRCLE process

List 5-10 behaviors that you do well. You and/or others agree that these behaviors produce positive outcomes.

Example:
I smile most of the time
I support my family financially
I seek truth and wisdom
I take care of my health
I encourage others
I am very dependable
I am kind with kids
I am neat

Step 2

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- **Describe One of your Positive Examples.**
- **Describe The Positive Outcomes When You Exhibit The Behavior in this Example.**

Example: I Encourage Others
When I Encourage Others it makes them feel better. It also makes me feel better. It unlocks more energy for me and the person that I encourage. Some times a person is struggling with an issue or just needs to know that someone is supporting them in their situation whatever it may be. Sometimes a person might just need to see wisdom from a different vantage point.

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Step 3. Add Example to Energy Circle
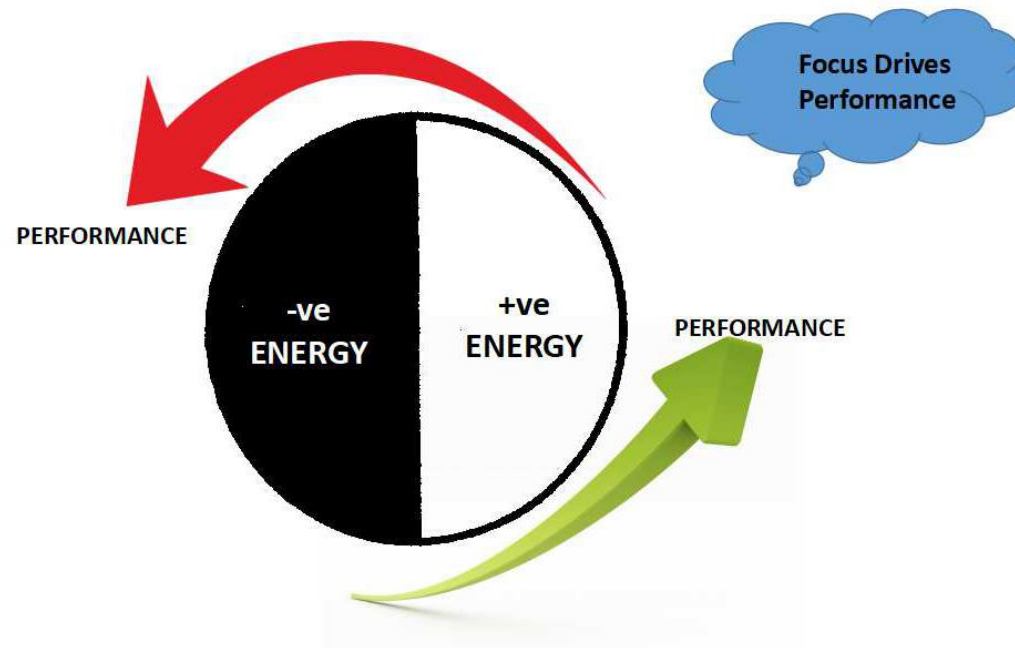
SOMETHING THAT YOU DO VERY WELL

EXAMPLE: ENCOURAGE OTHERS

THE ENERGY CIRCLE

Focus Drives Performance

PERFORMANCE

-ve ENERGY

+ve ENERGY

PERFORMANCE

Measurable Action Guidelines

- **Can be quantitative (daily, monthly, 3 times per month…). This is the easiest to track progress. You can simply increase or decrease the metric to get improvement.**

- **Can be qualitative (better/worse quality or version). Like a greeting can be just saying "Hi" or you can have conversation with real exchange.**

- **Can be pass/fail (either you do it or not). Like make others feel bad….you should want that action to be zero, one is too many.**

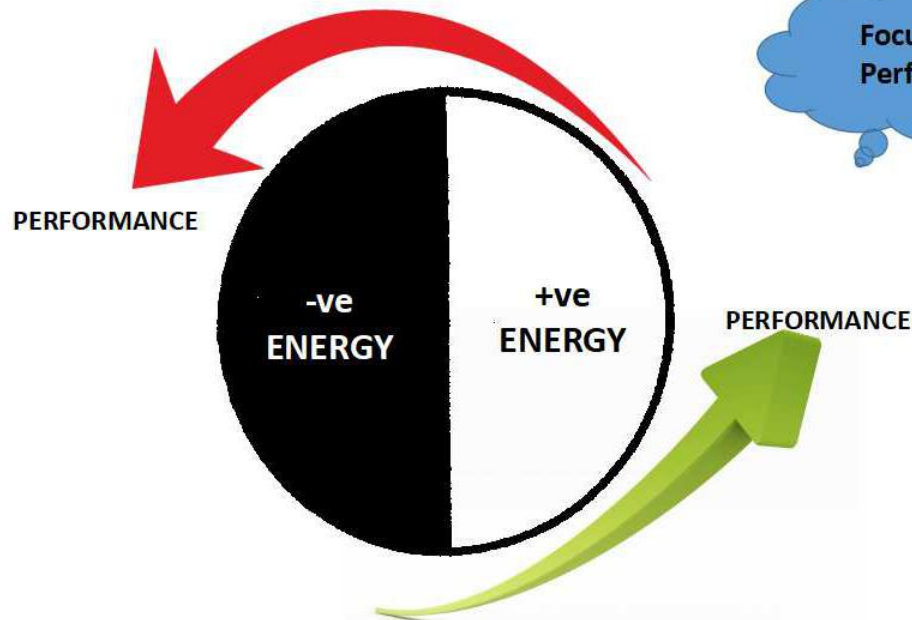- **Should not be abstract (I feel like, I think….). Progress cannot be tracked by another person this way.**

ENERGY CIRCLE process

Step 4. Define Enablers as something you can measure. Enabler is the action that helps me achieve positive performance for this example.

SOMETHING THAT YOU DO VERY WELL

EXAMPLE: ENCOURAGE OTHERS

THE ENERGY CIRCLE

Focus Drives Performance

You can measure the Enablers

Performance ENABLERS

PERFORMANCE

-ve ENERGY   +ve ENERGY

PERFORMANCE

Pray for others individually
Text others individually
Call others
Visit others
Share pictures and experiences
Smiles and greetings
Compliments
Sharing Resources
Volunteering
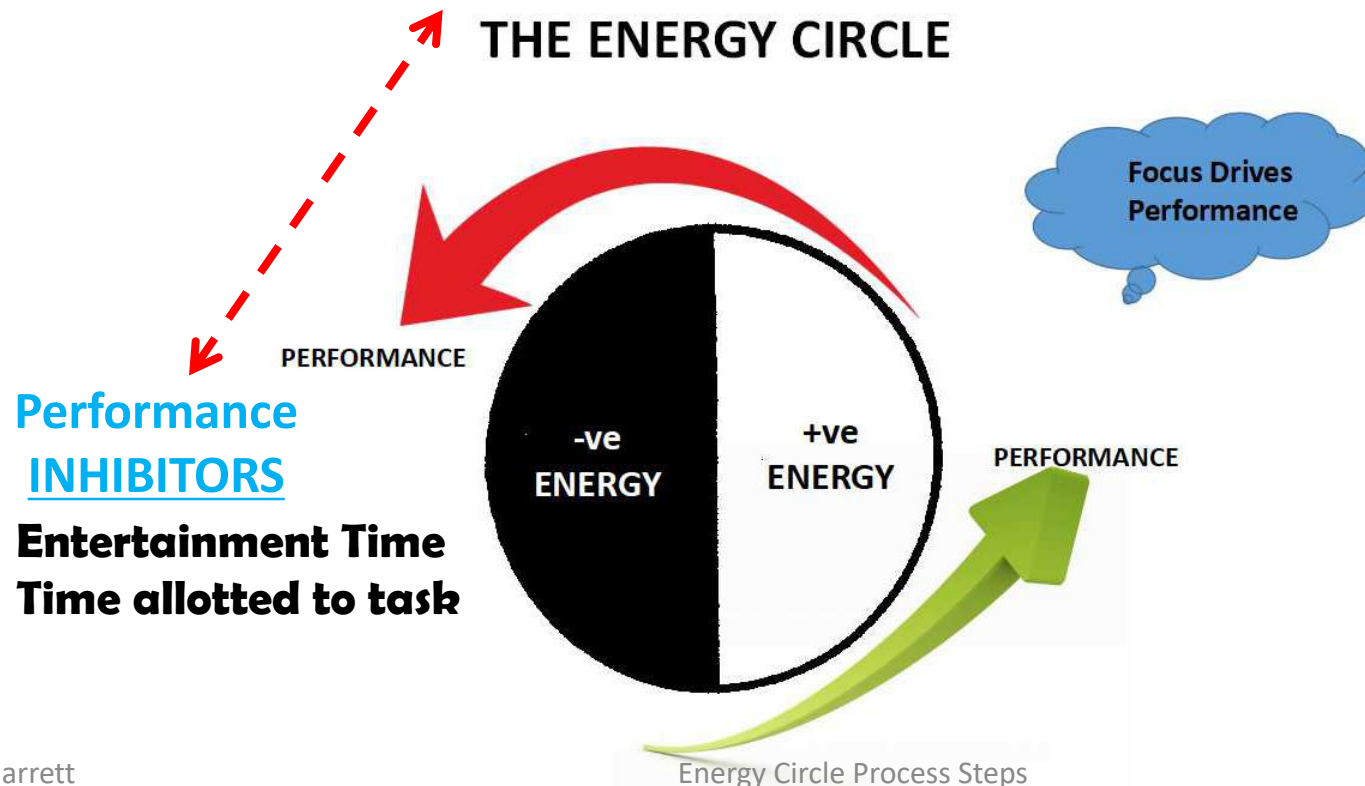
Step 5. Define Inhibitors as something you can measure. Inhibitor is the action that hinders me from achieving my positive performance more.

SOMETHING THAT YOU DO VERY WELL
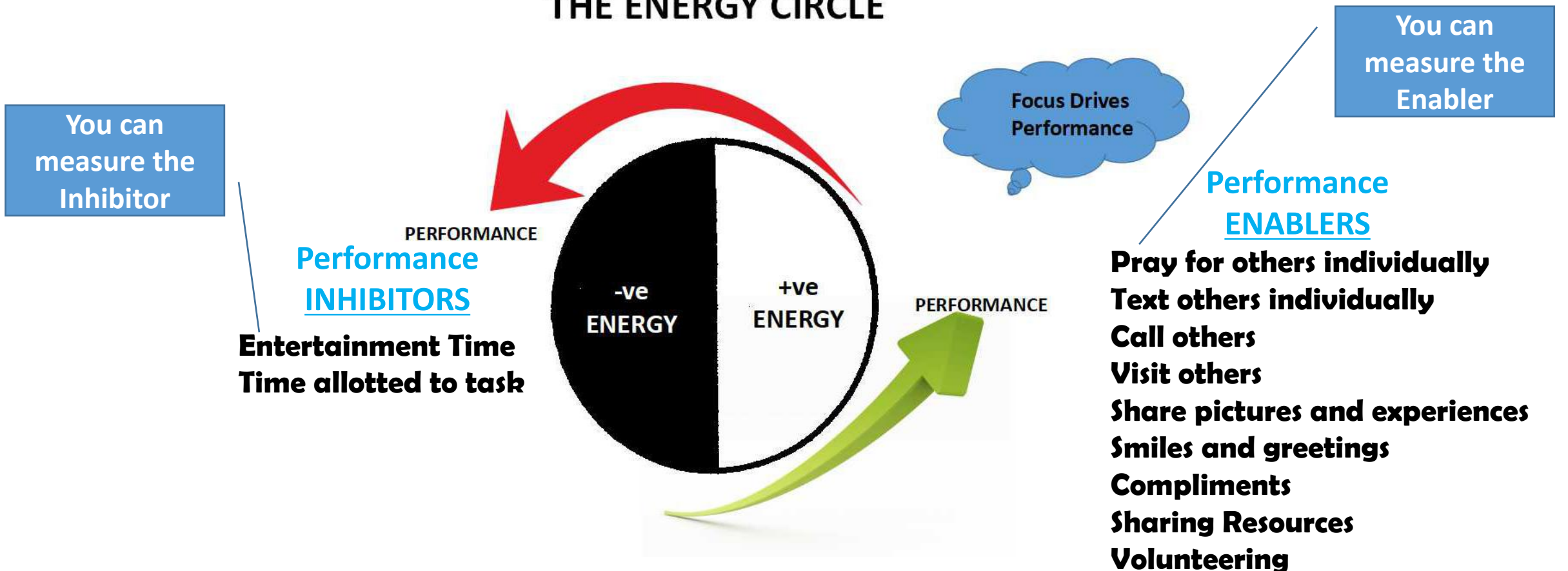
EXAMPLE: ENCOURAGE OTHERS

THE ENERGY CIRCLE

Focus Drives
Performance

You can measure the Inhibitor

Performance INHIBITORS

**Entertainment Time
Time allotted to task**

PERFORMANCE

-ve
ENERGY

+ve
ENERGY

PERFORMANCE

ENERGY CIRCLE proCess OUTPUT

SOMETHING THAT YOU DO VERY WELL
EXAMPLE: ENCOURAGE OTHERS

THE ENERGY CIRCLE

You can measure the Inhibitor

You can measure the Enabler

Focus Drives Performance

PERFORMANCE

-ve ENERGY

+ve ENERGY

PERFORMANCE

Performance INHIBITORS

Entertainment Time
Time allotted to task

Performance ENABLERS

Pray for others individually
Text others individually
Call others
Visit others
Share pictures and experiences
Smiles and greetings
Compliments
Sharing Resources
Volunteering

ENERGY CIRCLE process

Step 6: Discuss String Impact

- Discuss how "Os" on your string impact your behavior regarding this Example.

- Discuss how "Xs" on your string impact your behavior regarding this Example.

- Discuss how "I" moments on your string impact your behavior regarding this Example.

- Discuss is this behavior something you want to pass on to others on your string or is it a behavior that you want to break on the string.

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Step 7: Establish Improvement Goal for each Enabler

- **Pray for others individually (from once per week to 3 times per week)**
- **Text others individually (from once per week to 3 times per week)**
- **Call others**
- **Visit others**
- **Share pictures and experiences**
- **Smiles and greetings**
- **Compliments (focus on one positive item for everyone I encounter weekly)**
- **Sharing Resources**
- **Volunteering**

Note: Improvements can be measured but can take time to achieve.
Don't rush the results.

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Step 8: Establish Improvement Goal for each Inhibitor

- **Entertainment Time (from 3 hrs per day to 2 hrs per day)**

- **Time allotted to task (from once per week to 3 times per week)**

Note: Improvements can be measured but can take time to achieve. Don't rush the results.

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Step 9: Establish Follow-up Meeting with Accountability Partner

- **Accountability Partner is someone who can verify your improvement**

- **You can have different Accountability Partner for different Enabler**

- **Allow adequate amount of time to practice your improvement actions**

- **Goal is make your Actions into Habits**

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Step 10: REPEAT THE PROCESS

- **Repeat the process for this behavior for additional improvement.**

- **Repeat the process for other behaviors that require additional improvement.**

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TRACK YOUR PROGRESS OVER TIME

1	2	3	4	5	6	7	8	9	10
List 5-10 behaviors that you do well. You and/or others agree that these behaviors produce positive outcomes.	Describe Positive Example	Describe Positive Outcomes for Example	Add Example to Energy Circle	Define Enablers as a Measurable	Define Inhibitors as a Measurable	Discuss String Impact	Establish Improvement Goal for Each Enabler	Establish Improvement Goal for Each Inhibitor	Establish Follow-up Meeting with Accountability Partner	Repeat Process
Example:									
I smile most of the time									
I support my family financially									
I seek truth and wisdom									
I take care of my health									
I encourage others	x	x	x	x	x					
I am very dependable									
I am kind with kids									
I am neat									