

# Lesson 11 - Recap

Get Free with Energizing People and Activities

- Getting free requires you to identify self-limiting thoughts and behaviors that are holding you back and then eliminate them. If you're not feeling free, you might want to ask yourself whom you are hanging out with or where your thoughts are coming from.
- Exercise forethought about the movies you watch, the books you read, the films you see, and the shows you watch on TV.
- Who energizes you? You want to hang out with people who invigorate you, ask good questions, tell great stories, and listen to what you have to say.
- Make a list of 10 people who energize you the most. When's the last time you saw some of these folks? Do you need to make plans to get in touch soon?
- You'll never go wrong making friends with people over 80 and kids under eight. The wisdom of our senior friends and the innocence and youthful curiosity of children will give you a better perspective on life.
- To increase the odds of surrounding yourself with those who can keep you animated and lift your spirits, you should employ the Rule of Three. Although there are people we can spend 3 minutes with, you want to gravitate toward friends and acquaintances with whom you'd love to spend 3 hours or 3 days.

# Exercises

1. List several people who energize you. What about them has you looking forward to spending a meal or a weekend with them?

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2. Who are the five people that you spend the most time with? Are they energizers or energy drainers?

Professional:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Personal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. List 3 types of *activities* that give you energy. What types of activities drain your energy?

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4. List 3 types of *events* that give you energy. Which kinds of events drain you of energy?

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5. List 3 *places* that give you energy. What places drain your energy?

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