

## **ATTITUDE: 7. THE VAMPIRE TEST**

**"SURROUND YOURSELF  
ONLY WITH PEOPLE WHO ARE  
GOING TO TAKE YOU  
HIGHER."  
OPRAH WINFREY**

## **BIG IDEA**

- × Jim Rohn, an entrepreneur and author who studies successful people, argues that those who surround themselves with good people, become good.
- × To what extent do you agree?
- × He argues that those who surround themselves with hard working people become hard working.
- × Likewise those who surround themselves with lazy people... become less hard working.
- × As teachers we see this often; peer groups of students who effectively mock or punish a group member who is enjoying studying, succeeding or working hard.



**....VAMPIRES ARE  
FRIENDS OR  
ACQUAINTANCES THAT  
DRAIN US.**



**...NOT OF OUR BLOOD -  
THEY DRAIN US OF OUR  
ENERGY, TIME AND  
ENTHUSIASM.**



**....IF, AFTER HANGING  
OUT WITH SOMEONE,  
YOU FEEL HAPPY AND FULL  
OF ENERGY THEN THEY  
ARE NOT A VAMPIRE.**

4



**....SO DO YOU HAVE ANY  
VAMPIRES DRAINING YOU  
OF YOUR ENERGY?  
THIS VAMPIRE TEST  
ACTIVITY WILL HELP YOU  
FIND OUT.**

5

THE  
VAMPIRE  
TEST



Austin Kleon has a solution...  
He devised the Vampire Test, which he  
explains in his VLOG "Show Your Work".  
([Watch episode one - VAMPIRES!](#))



THE  
VAMPIRE  
TEST



Kleon advises that "if, after hanging out  
with someone you feel worn out and  
depleted, that person is a vampire."



THE  
VAMPIRE  
TEST



He cites the example of Pablo Picasso,  
who famously left everyone he knew  
feeling like this, after they spent time  
with him.



THE  
VAMPIRE  
TEST



...Then, after draining everyone else's  
energy and presumably getting his  
inspiration, he would go back to his  
studio and create his art!



**TAKING THE  
TEST...**

**FIRST THINK ABOUT THE 5  
PEOPLE YOU SPEND THE MOST  
TIME WITH. NO NEED TO NAME  
THEM.**

**..ASK YOURSELF THE  
FOLLOWING 5 QUESTIONS  
ABOUT THEM (BE HONEST!)**

**QUESTION 1:  
ARE THEY POSITIVE  
PEOPLE?**

**QUESTION 2:  
DO THEY ENJOY THEIR  
LIVES?**

**QUESTION 3:  
ARE THEY A GOOD  
INFLUENCE?**

**QUESTION 4:  
HAVE THEY HELPED YOU  
THROUGH PROBLEMS?**

**QUESTION 5:  
DO THEY MAKE YOU FEEL  
GOOD ABOUT YOURSELF  
AND LIFE?**

**TAKE YOUR TIME TO THINK  
CAREFULLY ABOUT WHAT  
VALUE THESE PEOPLE HAVE  
ON YOUR LIFE.**

**IF YOU REALISE SOME OF YOUR  
FRIENDS ARE VAMPIRES... LIST  
OTHER PEOPLE WHO MIGHT BE  
BETTER TO SPEND TIME WITH.**

**NOW OVER TO YOU!  
YOU HAVE 5 MINUTES TO  
COMPLETE THIS TASK.**

**5:00**

**THE VAMPIRE TEST:  
LIST 5 FRIENDS YOU SPEND MOST TIME  
WITH.  
ASK YOURSELF THE FOLLOWING  
QUESTIONS:**

- 1. ARE THEY POSITIVE PEOPLE?**
- 2. DO THEY ENJOY LIFE?**
- 3. ARE THEY A GOOD INFLUENCE?**
- 4. HAVE THEY HELPED YOU?**
- 5. DO THEY MAKE YOU FEEL GOOD?**

### ***FINAL THOUGHTS...***

- × We've seen students who are feeling negative about the challenges of college respond by surrounding themselves with negative people.
- × They do this partly so they can wallow in complaining.
- × You have to be careful not to fall into this trap.
- × It can "normalise" the negative feelings, e.g. you begin to feel like "everyone hates study", which (probably!) isn't true.
- × When you recognise this happening, make an excuse and remove yourself from the situation.
- × Go and find some other students who are positive, happy or energetic, instead, and align yourself with them.