

Shifting Energy Exercise

1. Think of a current **challenge** you are facing at the moment. It can be anything – a situation that is bothering you professionally or personally or it could be something you would like to be different. Take some time to **define** the situation and make a few notes.
2. Next, identify two or three specific **actions** or decisions you can take that are **WITHIN YOUR CONTROL**

Two things happen when you place your energy into what you can control:

- You feel better immediately
- You influence the situation and create shift

