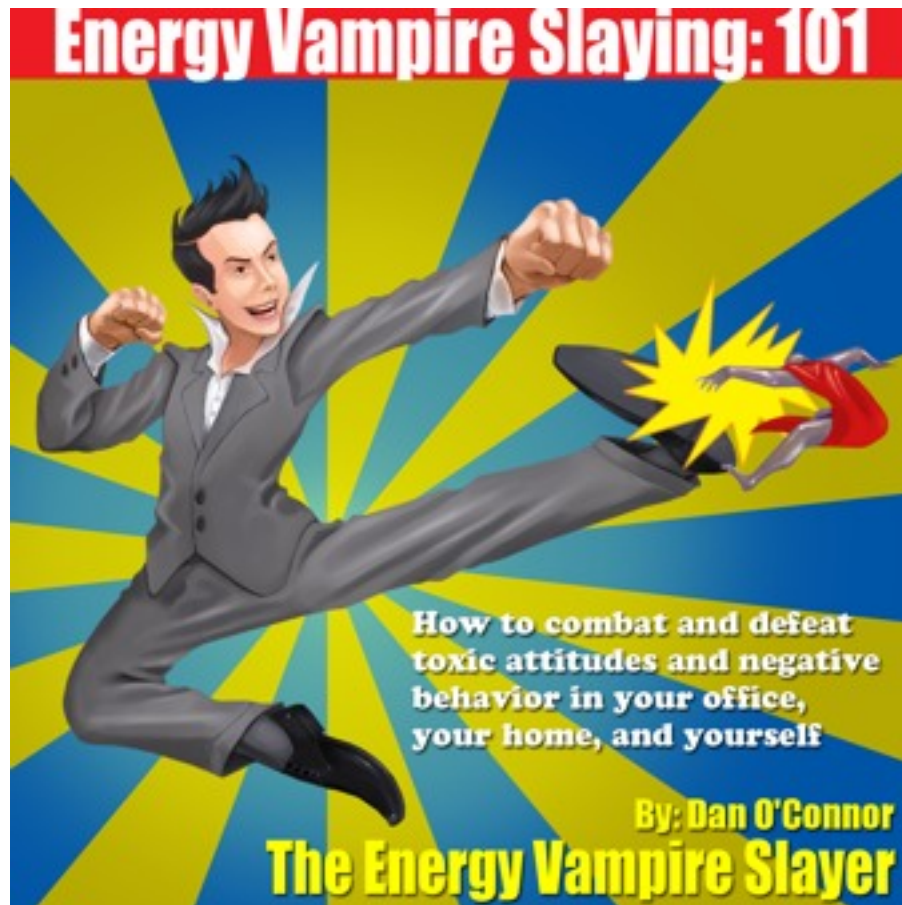


ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

# ENERGY VAMPIRE SLAYING: 101



# THE WORKBOOK

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# ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

## DEVELOPING YOUR "I AM" STATEMENTS PART 1

**Step 1: Write down the top ten "I am..." statements that come to mind.** What are the roles you play, or hats you wear throughout the day? Write down 10 words--nouns--that would be suitable "titles" for you; the kind of titles that come after, "I am a..."

**For example:** I am a brother, I am a professional, I am a Christian/Buddhist/Hindu, I am a husband, etc... At this point, just write down the titles without adjectives.

### I AM A...

(for example) BROTHER

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

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# ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

## DEVELOPING YOUR "I AM" STATEMENTS PART 2

**Step 2: Add adjectives.** Now, take the words that you wrote in the blanks on the previous page, and copy them into the corresponding blanks below to the right (there is no order of importance). Once you've done that, add adjectives to the left describing what kind of \_\_\_ you'd like to be. For example, if you wrote the word "brother" on the previous page, you may want to add words such as loyal, supportive, present, helpful, protective to the left, describing what kind of brother you'd like to be when you're at your best.

**For example:** I am a loyal, supportive, present, helpful, protective brother. I am a savvy, polished, honorable, educated, gracious professional.

### ADJECTIVES

### TITLES

(for example) loyal, supportive, present, helpful, protective    BROTHER

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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# ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

## DEVELOPING YOUR “I’M HERE TO...” STATEMENTS

Write down the top 10 things you believe you are here to do on the planet. These will be your “I’m here to...” statements. These types of statements don’t change whether you’re at work, at home, or at church. These are things you’re here to **do all the time**.

**For example:** I’m here to enjoy myself. I’m here to spread love and joy. I’m here to attend to my Father’s business.

### I’M HERE TO:

(for example) ENJOY MYSELF

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

# ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

## DEVELOPING YOUR "I WANT" STATEMENTS

**Write down the top 10 things you want in your life right now.** Don't write specific items such as a paid-off house; go a level deeper until you discover what it is you really want, and instead you might write something such as financial independence. Instead of a cool car, what you really want might be respect and admiration.

**For example:** I want financial independence. I want peace in my life. I want a deeper level of intimacy with my spouse.

### **I'M WANT:**

(for example) FINANCIAL INDEPENDENCE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

## DEVELOPING YOUR "I WILL" STATEMENTS

**Write down the top 10 responses you will use when things start to get difficult for you in the future.** Turbulent times are coming. That's a guarantee. You will have challenging people and challenging situations. When you do, how would you like to respond? What will you do while those around you are losing their heads? In the future, you will be so frustrated with something or someone that your brain chemistry will be all out of whack, and you will become chemically imbalanced--temporarily drugged and insane. What would you like to tell that future self of yours to do?

**For example:** I will practice kindness with wicked people. I will transform my environment rather than conform to it. I will cast light into the darkness. I will connect with my source to ask for guidance rather than "just winging it".

### I WILL:

(for example) PRACTICE KINDNESS WITH WICKED PEOPLE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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# **ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK**

## **FINISHING YOUR PERSONAL COMPASS**

Step 1: Take all of the information from pages 2, 3, 4, and 5, and transfer it to the following page. This will serve as your new Personal Compass. You can modify it whenever you choose.

Step 2: Sign your Personal Compass, and frame it. You might want to use a frame that's easy to dismantle, as you might want to change your Personal Compass frequently.



# ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

## CREATING YOUR COPING STATEMENTS

**What emotions do you struggle controlling?**

**Step 1:** In the blanks below, complete 5 coping statements to use the next time you are emotionally charged. To ensure you are correctly forming your coping statements, refer to chapter 4 of the book, Energy Vampire Slaying:101.

MY COPING STATEMENTS:

(positive + present)

(example) *I AM COOL, CALM, AND COLLECTED*

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**Step 2:** Transfer your coping statements to the quick-reference flash-card #7.

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Fill in the Danger Phrase and Power Phrase list below with your own phrases.

DANGER	POWER

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# ENERGY VAMPIRE SLAYING: 101--THE WORKBOOK

## MY ENERGY VAMPIRE:

Think of the Energy Vampire that plagues you the most and fill in the blanks below with that person in mind.

EV type (e.g. bully/sniper/exploder): \_\_\_\_\_

Who my EV really is (What makes them tick): \_\_\_\_\_

What my EV's rewards are: \_\_\_\_\_

How I should treat them: \_\_\_\_\_

### What I am going to do:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

### What I am *not* going to do:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

The Slayer Principle I will keep in mind while dealing with this EV:

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