



Avoiding Energy Vampires

BONUS JOURNALING PROMPTS to accompany blog post:

www.katymoses.com/avoiding-energy-vampires

Tip for Success: You can do these prompts all at once, or over the course of many days, allowing yourself to digest each and better understand how it relates to you. Other ways to process these concepts and questions: You can read through each first, and use them as discussion questions with a friend or let the different thoughts hang out for you to quietly contemplate before you do - or as you do - your writing.

JOURNALING PROMPTS

PEOPLE Whether you're an introvert or an extravert, **there are people who will support us, love us and help us be better** - they help us be our true selves, they don't ask for other and they don't set their expectations upon you. **Then... there are people that I like to call energy vampires - they suck the life out of us.** They demand a huge amount of our emotional, mental, spiritual - and sometimes physical - energy. They have their own expectations that they put on you, without regard for who YOU truly are. They want you to fit into their mold.

Can you think of an example of either kind of person - either someone who supports you, or someone who sucks your vital life force?

How have they helped to shape your life?

Can you imagine how it would feel to cut ties with the vampire?

And can you imagine how it would feel to have more of those people that support you?

WORK **How many of us chose our first careers because of feeling outside pressure? Feeling that we were doing what we SHOULD do? Doing what was right, responsible, acceptable?** I know I sure did. I took my fine arts degree right to the middle of New York City and worked for large institutional banks. Makes sense, right? The corporate work was what I believed I should be doing, it was acceptable and parent approved. But the work sucked my energy. I had no real purpose. I had people who wanted me to do things, and I did them, so I was serving a purpose to them, but the work didn't really matter. I wasn't doing anything that made the world better, that made a real difference in people's lives. And, more importantly, I wasn't working from the inside-out. I wasn't using my real gifts and strengths. I wasn't even in a situation where I was going to better understand what my gifts and strengths were. I was working

inside, spending the best part of the day in a controlled air-flow building, under artificial light, 200 feet above the earth. Just the environmental situation was completely out-of-alignment for me.

Consider your work now.

Does it feel like time flies by when you're doing it?

Or does time drag on?

Are there ways you can incorporate what you really love - things that light you up - into what you're already doing?

Or can you carve out some time in your day to do these things?

Is it time to consider bigger change?

SELF-BELIEFS What we believe about ourselves is a HUGE factor in how our energy moves. If we believe we don't deserve success, joy or freedom in our life, our energy will support that belief - it'll stay slow and stagnant. If we believe we DO deserve all these good things (gentle nudge: if you're reading this YOU deserve success, joy & freedom), our energy shifts. Our energy moves differently. We move differently in the world. We expect different things and we experience and receive different things. It might help to look at examples other than ourselves to better understand this.

Consider two people you've known for a long time - one, who's done well for themselves and seems truly happy and a second person, who's not done so well and seems to forever have a black cloud over their heads.

What does each one believe about themselves?

What are they worthy of?

What kind of relationships do they have in their lives?

What do they do for work and for fun?

Now, understand that either of those people could choose to believe something entirely different about themselves. They could change their lives completely, if they decided to accept a different truth.

Have you ever looked at this for yourself?

Have you ever considered that you can change the course of your life, by changing these beliefs for you?

Bonus Exercise for additional empowering clarity: Download [Shift Your Story](#)

Touch base - I'd love to hear about any surprises, revelations and actions you're inspired to take today.

~ Katy