

MOXIE DIMENSION #6

ENERGY

THE ENERGY PEOPLE CAN FEEL

“Your energy enters the room before your words do.”

WHAT IS Energy?

Energy is the enthusiasm, presence, and positive force you bring into a room. It is observable. People can feel whether your presence lifts the atmosphere or drains it.

HOW ENERGY BUILDS YOUR MOXIE

Your energy affects more than your mood. It influences how people experience you, how you approach challenges, and whether your presence creates momentum or resistance.

3 WAYS TO STRENGTHEN YOUR ENERGY

1. Become interested.

Show genuine interest. Ask questions. Engage. Let people see that you are present and interested in what is happening. In your own life, avoid complacency by trying to find something new to learn in your everyday experiences.

2. Create the mood.

Notice what your presence contributes to a room. Add encouragement, curiosity, and possibility to your conversations and interactions.

3. Add passion to ordinary moments.

Add some spice to everything you do. Turn up the music, take the scenic route, try something new. The spark will transfer out into every area of your life.

PUT YOUR ENERGY TO WORK

YOUR MOXIE WORKSHEET

What does your energy communicate when you walk into a room?

Where are you adding energy, and where might you be draining it?

What is one change you can make that would make your presence more uplifting?

YOUR ENERGY MOVE

What is ONE action you are willing to take this week to strengthen your energy?

When will you do it? _____

AFTER YOU TAKE THE STEP

What happened?

What did you learn about yourself?
