



## Notes on Energy, Mindset, & Mood

We're living, breathing energy bodies. We measure our energy via blood pressure readings, heart rates, fMRI, CAT Scans.

And we all know what we feel like when we're 'full of energy' or have 'great energy' and when the opposite is true, "I have no energy."

Working through the body to become more skillful in our lives is a sure catalyst to changes and growth we'd like to see, especially as leaders.

That's because '*energy follows attention*,' a leadership maximum we'd be wise to follow.

**Aligning our attention** what we care about, allows us to leverage our, placing it where we want it to go knowing our energies will follow. By not leveraging our attention, we risk having our energies scatter all over the place, at the mercy of both internal and external distractions.

**Mindset** is a lens through which we view the world. It's our unique interior pattern of thinking and feeling that reflects how we see the world, how we know ourselves, how we think of other people, and what we hold to be possible or not.

**Mood** is somatic, linguistic mind-body phenomenon that filters our experiences in the world, shaping what we 'see' and how we 'listen. Mood's largely influenced by our shifting energies, often out of our awareness, and how we interpret them via our embodied mindsets.



Our moods literally reflect our lived experience, and like mindsets, are ‘learned’ and ‘shaped’ by our upbringing and culture, the region we live in or come from, and early personal relationships.

### **Moods**

- Are always in the background, aren’t good or bad, right or wrong, but more or less useful
- Are assessments about what’s possible or not in life
- The narrative with the mood will often determine where conversations flow & how we’re able to coordinate actions or not
- Other people respond to our moods even if we think otherwise, impacting quality
- Aren’t ‘out there’ but ‘in here’ in our experience

### **Working with Mood**

- Recognize one is in a ‘mood’ or ‘catch yourself being yourself
- Determine if it’s ‘working’
- Center yourself
- Determine to declare a new assessment, new possibilities
- In the moment we have the opportunity to change or not change the mood, those are the only options, regardless of external circumstances
- Speak up with others

### **Various non-productive moods:**

- **Resentment** is a mood of lost opportunities; the anger therein can contaminate future action
  - Live in expectations and 'shoulds' of yourself and others



- Fear that nobody respects you or sees your virtues
- Others are to blame for the poor outlook
- Not looking for solutions or possibilities
  
- **Anxiety**
  - Driven by the way things 'should be'
  - Need to control, tend towards rigid standards
  - The future is frightening
  - with fear of inadequacy or taking risks
  - Being a lone ranger—not making requests of others
  
- **Resignation** is a mood of being stuck, as no options or choices are seen for future moves
  - Live in the assessment that there is nothing you can do to change things
  - Feel alone, that no one can help you
  - Leads to despair, hopelessness, and no possibilities
  - Become cynical and skeptical
  - Leads to anger and fear of being powerless
  
- **Shame**
  - Don't see your incompetencies as possibilities for learning
  - Accept ungrounded assessments about a way you should be and are not
  - Fear of being defective or that there is something wrong with you
  - Leads to withdrawal or arrogance as a cover-up for feeling inadequate



### Various productive moods:

- **Ambition** opens what resentment closes, a drive to transcend the present
- **Acceptance** is a mood of being with what is at any given moment; let's address what's unchangeable; to be at peace with what is
- **Trust** is a mood of openness and is rarely a conscious decision; Trust as a choice: sincerity, competence, reliability

### In conclusion, we live in assessments & declarations

- Resentment and resignation are assessments about how one sees the world, how it will always be
  - Acceptance and ambition are declarations for a possible future
  - World class teams operate from a commitment to generate a mood for success; they work to manage mood and maintain a mutual commitment
- Moods: Productive vs. Non-Productive
    - Trust → Confidence – Acceptance → Curiosity, Joy = positive
    - Distrust → Resentment → Resignation → Arrogance = pessimism
    - Others: guilt, shame, curiosity
  - Mood vs. Emotion
    - Mood = an outlook toward the future that shapes what is possible for our lives, reveals the shape of our listening
    - Emotion = short lived, responsibilities toward the world