

Top 10 Clues You Have Negative Energy Syndrome

1. Most, if not all, of your problems are the result of what someone else has done to you.
2. You have been in the same job you dread for more than 5 years.
3. You have set significant goals on major areas of your life and never follow through with the actions.
4. You say “yes but” many times a day.
5. You fired your life coach because they kept pushing you to do things you didn’t want to deal with.
6. You feel it is important to always be in control of your environment.
7. You haven’t taken a real vacation in years because there is always too much to do.
8. There have been times when angry outbursts emanate from your mouth before you can really get control of it.
9. You are convinced that making more money will cause you to be a happier person.
10. At least once a day you make judgmental comments about others and severely judgmental comments about yourself.

Top Ten Clues You Have Positive Energy Syndrome

1. You frequently find yourself saying, “How Fantastic!”
2. You love what you do.
3. You have created rituals that help you maintain your faith.
4. You easily see how the NES operates in others and you love them anyway.
5. Feedback is something you cherish and never take personally.
6. You can always find a way.
7. Your body gets the fuel it needs everyday.
8. You have a mission statement that you can recite easily and a 12-year-old could understand it.
9. You monitor your emotions.
10. Your capacity to love and be loved is enormous.

