

How to Increase Your Positivity



List of Amplifiers & Insulators

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

--Proverbs 17:22, KJV

Make a list of amplifiers and insulators to feeling positive vibes in your own life here. Practice maximizing and repeating the amplifiers while minimizing and reducing the insulators. This will improve your optimal energetic balance and help you more easily access your potential power.

Amplifiers: Activities or thoughts that raise your energetic vibration, resulting in feelings of happiness, joy, enthusiasm, and positivity. Each technique you identify that elevates your positive vibrations will make it easier to tune into your intuition.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Examples could be things like: meditation (which can include many things, such as: prayer, yoga, art, or being immersed in nature), practicing gratitude, hiking, cycling, spending time with a pet, playing an instrument, or listening to music.

Insulators: Activities or thoughts that lower your energetic vibration, resulting in feelings of fatigue, isolation, frustration, and burnout. Each technique you identify that inhibits a balanced vibrational state will make it more difficult to tune into your intuition.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Examples could be things like: over-analyzing, alcohol, drugs, food as a distraction, ignoring feelings, commiserating with people who consistently have a negative vibe, and burying ourselves in "busyness" to avoid something.

Quiz: Recognizing the Should Monster

⁶Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

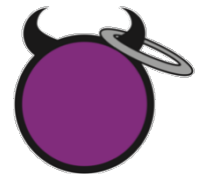
--Philippians 4:6-7 KJV

Ask yourself the series of questions below for an input that resulted in “Negative Shoulds” from the lists above. Answer each of the questions below by choosing “Yes” or “No.”

1. **(Yes / No)** Did the advice come from someone whose opinion you respect, like a close friend, family member, or trusted work colleague?
 2. **(Yes / No)** Is the input real (i.e. not hearsay or conjecture)?
 3. **(Yes / No)** Does it align with your personal beliefs, goals, and values?
 4. **(Yes / No)** Will following it offer you benefits like protection, safety, education, health, well-being, or long-term satisfaction?
 5. **(Yes / No)** Consider the worst possible outcome if you ignore the input, and are you energized by taking that risk?
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Based on the number of “Yes” responses, this guide may help you identify things that are sapping your energy and coming from the Should Monster itself.

- **0 Yes Responses:** You have come face-to-face with the Should Monster, and it is probably best to filter out this input. Note the least disruptive way to energetically filter it out is to simply ignore this input.
- **1-2 Yes Responses:** Consider filtering out this input or to at least delay getting into action until you’ve had an extended time to consider its impact in your life. Can’t tell how you “feel” about it? Ask your intuition. I like a method from *Put Your Intuition to Work* by Lynn Robinson that suggests asking yourself if you should do something or not—flip a coin, with heads meaning “yes, do it” and tails meaning “no, don’t do it.” Flip the coin. When it lands on heads (yes), what do you immediately want to do? In the split-second after it lands, do you immediately want to go for the best 2 out of 3 or do you feel energized and want to get moving? If this little exercise leads you wanting to hold out for another flip, then you’re probably dealing with the Should Monster.
- **3-5 Yes Responses:** There’s a good chance this input may support or amplify your energy in a positive way. Strongly consider this force before discarding it.



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Getting into Gratitude Journaling Practice

⁴For every creature of God is good, and nothing to be refused, if it be received with thanksgiving. (1 Timothy 4:4 KJV). It's always a good time to practice gratitude! Focusing on gratitude helps "rewire" our outlook and recharge personal energy. Challenge yourself to pen three things for which you are grateful every day. Use the space below to get started.

Day 1 Date: _____ I am fully grateful for the following three things today:

1. _____
2. _____
3. _____

Day 2 Date: _____ I am fully grateful for the following three things today:

1. _____
2. _____
3. _____

Day 3 Date: _____ I am fully grateful for the following three things today:

1. _____
2. _____
3. _____

Day 4 Date: _____ I am fully grateful for the following three things today:

1. _____
2. _____
3. _____

Day 5 Date: _____ I am fully grateful for the following three things today:

1. _____
2. _____
3. _____

Day 6 Date: _____ I am fully grateful for the following three things today:

1. _____
2. _____
3. _____

Day 7 Date: _____ I am fully grateful for the following three things today:

1. _____
2. _____
3. _____

How to Increase Your Positivity



Personal Power Mantra, Accomplishments, and Life Game

⁴ Grant thee according to thine own heart, and fulfil all thy counsel.

--Psalm 20:4 KJV

Writing down our personal purpose, life game and goals helps increase the chances of accomplishing them. Everyday small habit changes lead to major changes in overall positivity. Use this space to record your temporary thoughts and remember it may change at any time based on your situation and guidance from the Holy Spirit.

1. What is your personal power mantra? A power mantra is something you say to yourself to provide motivation or encouragement. It can be anything that reminds you to feel good, like a quote, power phrase, a proverb, or an affirmation.

2. What is something that would make you feel happy or positive you would like to accomplish today, this week, this month, and this year?

Today:

This week:

This month:

This year:

-
3. How do the accomplishments you listed align to form your "life game"? Look for themes within the actions that bring you joy. Your life game will be a mid-term goal, say 1-5 years, that is something you feel passionate about working towards for a period of time. It's called a game because it produces fun, not stress, and there doesn't have to be a definitive end. Like it could be "volunteer more time to help animals" or "to learn how to swim" or "to help people discover and ignite their untapped potential".

Powering Potential helps individuals and companies discover and ignite their untapped potential. It helps faith-based groups reconnect with spiritual energy for inner strength, wisdom, and positivity and was founded by internationally-known author and speaker Tabitha A. Scott.



"I believe in both the science and spiritual aspects of energy, and I'm on a mission to help people discover and ignite their untapped potential."

--Tabitha A. Scott, CEM, CDSM

Tabitha A. Scott Author and Speaker Biography

Tabitha A. Scott is an international advisor and keynote speaker. As former CEO of Military Assistance Company and Senior Vice President of Innovation and Sustainability at global companies Balfour Beatty Investments and Lend Lease, she is considered a thought leader in the clean energy sector. Her expertise is in leveraging the principles of modern and ancient energy to accelerate innovation, productivity and personal potential. Tabitha led efforts to create the world's largest solar-powered community and was recognized for her innovative deployment of technologies by the White House.

As an author, Tabitha has published dozens of original works in leading industry publications, like the *Journal of Applied Corporate Finance*, the *Encyclopedia of Energy Engineering and Technology*, and *CEO Magazine* on energy, behavior change, and leadership development. She was credentialed as a Certified Energy Manager through the Association of Energy Engineers, in Blockchain through MIT, and holds numerous certifications in human biofield medical practices. *Trust Your Animal Instincts*, equal parts memoir and guidebook, is her first book., due out in August 2020. The Kentucky native lives in downtown Nashville, Tennessee.

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