



CRAFFIESCOACHING
THE ART OF ENERGY

THE ULTIMATE ENERGY BOOSTER

To enable you to be a
Business performer, Family Fanatic,
Community Contributor by

Creating, Sustaining, and Growing

ENERGY

for life.

WORKBOOK

THE WORKBOOK

The workbook was designed in a manner to take us on a journey to reflect on our life to date; To create awareness of ourselves and the world around us, To support us to tweak our behaviour to support our vision based on building competency in the domains of Spiritual energy (Compass), Physical energy (The Fuel), Emotional energy (Relationships) and lastly Mental energy (The focus). The distinction is made between intelligences and energy to focus to build energy to be able to execute optimally in an integrated manner, working on the how of competence building.

INTRODUCTION

SPORTSPERSON VS BUSINESSPERSON

Sportsmen and women train on average 90% of their time to perform at their peak 10% of the time. Their professional careers are normally between 5 to 7 years. Most of these people also take breaks of 2 to 3 months between seasons.

Business People, Entrepreneurs, Community Workers and employees in general, on the other hand, perform on average 8 to 12 hours a day, *some days with no breaks in between*. It is from one meeting or sales appointment to the other, answering e-mails and phone calls between meetings to ensure that the world will exist tomorrow and that we will sustain our success. Will we be able to continue doing it at this rate?

CURRENT LOCATION VS DESIRED DESTINATION

All of us are on a journey. Some already envisaged the final destination. To others, life just happens. Even if we know where we are going in life there will be storms along the way. During these storms we will most probably divert from our initial route; but we will keep our final destination in mind and, with time, reach our destination.

It is important however that to reach this destination. In order to do this, we need a vision, a plan, solid relationships, health, energy, tools and structure.

So enjoy the journey of exploration and when you in need of a guide I will gladly assist you on your journey.

CURRENT LOCATION VS DESIRED DESTINATION - EXERCISE

What are the main destinations I would like to reach during the current year?

What are the main destinations I would like to reach during the next 3 years?

What are the main destinations I would like to reach during the next 10 years?

What is my current location?

What storms did I experience during the year to date that kept me from getting to my destinations?

3. WHAT IS REALITY?

'If the doors of perception were cleansed, everything would appear to us as it is, infinite.'

William Blake.

Reality can most probably be described as how we see the world, taking into account; Firstly language, the words that we have to describe things, emotion, and feelings? Secondly our point of

"When we argue against new knowledge....How much of our awareness is arguing?"

Quote out of the movie "What the bleep do we know?"

reference, with reference to our life story, culture and spirituality? Thirdly our emotions, how we respond emotionally to the world? Lastly somatically. So the same thing or situation can look differently to two persons taking the above into consideration.

Looking back at the storms listed on the previous page how much of the storm is created by your way of seeing and thinking?

Next time we see something, experience something or want to judge something a good question to ask oneself is: "If it is reality from my viewpoint, would it not be a lie if viewed from somebody else's viewpoint."

4. OUR STORY

What we achieve in life is determined; to a large extend, by our story. The story will show if we are responsive (positive) to life-events happening to us, *or* reactive (negative, blaming it on the environment and other people externally - and not dealing with the fear, anger and resentments internally). These stories are not only determined by life happening to us but also by how we are raised, our culture, the people we interact with, and my family. All of these influences create the glasses that we use to look at the world.

How do I interact everyday?

What is my thoughts?

What is my feelings everyday?

5. WE ARE UNCONSCIOUS OF 95% OF WHAT HAPPENS TO US!

Research has shown that 95% of our actions are habitual and unconscious.

Let's think for a moment how learning takes place. We start of by being unconscious incompetent, and then we are consciously incompetent, to consciously competent ending up being unconsciously competent.

Taking this into consideration I would prefer to have a solid base of unconsciously competence to drive me through everyday, but it must be conscious decision to train RIGHT.

Let's explore a little further; If that is true how important is the power of thought?

What do I think of...

Myself, my life?

Other people?

My family, Spouse & kids?

My work?

My world?

THE PARADIGM OF TIME AND ENERGY

If all of us have 24 hours a day and deference in output is determined what we spend our time on, this adds up to the fact that ***we cannot manage time but only activities***. If this is true, then time only assists in focusing our energy on what to do.

So, we can say we give life to whatever we focus our energy on.

That would mean that by focusing our energy on the right stuff we are in the performance zone as long as we can ensure we manage our energy optimally.

How am I spending my energy?

Do the following observation over the next 7 days:

05H00-08H00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08H00-10H00							
10H00-13H00							
13H00-17H00							
17H00-19H00							
19H00-22H00							
22H00-05H00							

How did I spend my time?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Job: Executing primary targets							
Relationships: Spouse, Kids, Friends Community							
Physical: Fuel Exercise, Rest, Eat							
Focus: Planning, Self-development, Reading							
Spiritual Bible study Prayer Quiet Time							

CHANGING OUR STORY



As humans we tend to follow the path of least resistance. So if we look at the Fish River Canyon, with this gigantic ravine, at places 550 meters deep and 27km wide, and 160km long. It all started with a movement in a plate. The movement caused a crack and over years the river's flow and erosion contributed to the beauty of the Canyon. For this river to change its natural flow it will be really difficult.

Is it then easy for us to change?

Let's say it is possible, as the underlying structure, or what can also be described as our behaviour, (the landscape), determines our path of least resistance. So we have to change our landscape, behaviour also known as habits, to change our story. To change our habits we need to change out language we use internally and externally, we need to change our mood how we feel and see things through our emotion and lastly we need to change how our bodies hold our being, to support change.

You have to get beyond what you want to do, and beyond what you think you ought to do, and only then can you see the clear light that shows you what to do.

Anonymous

7. THE TRUTH....OR LIE

However to be able to change we should know the truth, of how we appear/achieve in life...

It can be compared to a hosepipe, when watering the garden, often the hosepipe is bent too sharply. The water's flow is slower.

So what behaviours are slowing us down in life?

It all starts with being able to be true to you through self-awareness. Are you able to see you through the eyes of yourself, the other person and the observer?

How can I go forward when I don't know which way I'm facing?

John Lennon

Building spiritual energy – The compass

Our lives are like a camel thorn tree. The roots reflect our roots that nourish us and give us power. The branches our live, including times of pleasure or pain. But how we focus our energy will determine the ultimate tree, God mend us to be.

Under the compass we need to explore the following issues:

- What give meaning or purpose to our life?
- Our way of accepting and dealing with emotions and feelings?
- Our general mood?
- My internal thoughts?

What is meaning?

Man's search for meaning is the primary motivation in his life and not a 'secondary rationalization' of instinctual drives. This meaning is unique and specific in that it must and can be fulfilled by him alone; only then does it achieve a significance which will satisfy his own will to meaning.

Viktor Frankel, Man's Search for Meaning.

In Spiritual Intelligence, Danah Zohar gives the following seven steps as guidelines to spiritual growth¹.

Seven steps as guidelines to spiritual growth:

- Become aware of where I am now
- Feel strongly that I want to change
- Reflect on what my own centre is and on what are my deepest motivations
- Discover and dissolve obstacles
- Explore many possibilities to go forward
- Commit myself to the path
- Remain aware there are many paths.

¹ Danah Zohar & Ian Marshal. Spiritual Intelligence, The ultimate intelligence. Bloomsbury Publishing PLC, 2001. p.263.

What is God's purpose with our lives?

YOU ARE WHAT YOU ARE

By Russell Kelfer²

You are who you are for a reason.
You're part of an intricate plan.
You're a precious and perfect unique design,
Called God's special woman or man.

You look like you look for a reason.
Our God made no mistake.
He knit you together within the womb,
You're just what he wanted to make.

The parents you had were the ones he chose,
And no matter how you may feel,
They were custom designed with God's plan in mind,
And they bear the Master's seal.

No, that trauma you faced was not easy.
And God wept that it hurt you so;
But it was allowed to shape your heart
So that into his likeness you'd grow.

You are who you are for a reason,
You've been formed by the Master's rod.
You are who you are, beloved,
Because there is a God!

Just a few thoughts to link to the Poem and key messages that stood out for me in The Purpose driven life of Rick Warren:

- We are made for God's pleasure, so what ever we do we must do to glorify God, out of gratitude to say thanks for God's grace in our lives.
 - We bring glory to God by worshiping him in everything we do.
 - We bring glory to God by loving other.
 - We bring glory to God by serving other with our gifts.
 - We bring glory to God by telling others about him.
- Live on earth is a test and a trust.
- Live on earth is just temporally

² Rick Warren, Purpose driven life. Zondervan 2002.

EXERCISE:

Looking back at the work book and the questions and your realisation, but also exploring over the next week ponder on the following topics:

a) What would I like to do?

- At home
- At work
- With my family
- In my community
- Spiritually & religiously
- What contribution would I like to make?

b) What nurtures me in life & what stresses me out?

c) How do I take care financially of my self and my family?

g) What are my feelings?

h) What recurring thoughts do I have?

b. Building physical energy – The fuel

Physical energy refers to us being able to sustain a healthy body so that we are able to execute our purpose effectively.

To effectively utilise physical energy it is firstly important to keep away from the energy zappers in our life; doing things that do not take us towards our goals, people that tire us and negative thoughts. We must note what the energy zappers are in our life's. We must insure that we spend our energy on the things that give us passion, ignite the fire in us and that take us nearer to our goals.

Secondly we must focus on building or physical energy, the following is just a few guidelines:

- The two most import regulators of physical energy are breathing and eating.
 - Start doing breathing exercises at least once a day consciously and then focus on your breathing in stressful experiences.
 - Eat six low GI, highly nutritious meals per day. Three main meals and three snacks in between.
 - Drink enough pure water per day.
- Sleep at least seven hours per day; maintain consistent bedtime and wake-up times. Go to sleep early and wake-up early.
- Do three 20 minute cardiovascular workouts per week and two strength building sessions per week.
- Take recovery breaks every 90-120 minutes during your day.

EXERCISE:

Looking back at the work book and the questions and your realisation, but also exploring over the next week ponder on the following topics:

a) How am I looking at my physically?

- Am I eating correctly?
- Am I drinking enough clean water?
- Do I allow my body enough rest?
- Do I listen to my bodies' feedback?
- Do I exercise regularly?

PLEASE NOTE: Do not change any diet or start a new exercise program before contacting your health care practitioner or doctor. Some useful resources:

Internet site links:

USDA Food and nutrition information centre:

<https://www.nal.usda.gov/fnic/myplate-and-historical-food-pyramid-resources>

All about GI diets:

<http://www.gifoundation.com/>

Books:

Eating for Sustained-Energy 1 & 2, G Steenkamp & L Delport

The two recipe books, give a good overview of how to engage in a Low GI diet, but also give recipes that makes it easy and also enjoyable.

90 Day Immune system make over – Janet Maccaro

The book takes a holistic view on Wellness, which include very good info on correct eating, general nutrition, supplementary vitamins and physical engagement.

c. Building relationship energy – The support

Building emotional energy is split between building our own emotional capacity which for the purpose of the document is clustered under building spiritual energy and own capacity, internal. Our relationships and community involvement which are clustered under the topic of support, our external support network.

We need support to be able to partake in the journey of life.

EXERCISE:

Looking back at the work book and the questions and your realisation, but also exploring over the next week ponder on the following topics:

a) What would I like to do (Relationships)?

- At home
- At work
- With my family

b) What open loops would I like to close, what would I like to say? How do I nurture these relationships?

- To your spouse
- Your children
- People at work
- Friends & family

e. Building mental energy – Focus

As kid I remember the havoc a veldt fire could cause, it destroys good and bad in the process and causes a lot of waste in the process.

However I could recall how we took a magnifying-glass and focused sunlight through it to set light to a piece of paper.

The question is then how do we focus our energy to be able to execute our plans?

In my mind we need a few things to support us to be able to execute:

- Compass – The big picture
- Our plans and goals – Roadmap.
- Physical energy
- Support – Relationships
- Knowledge, skills & continues self development
- Processes – The how to do things.
- Tools & systems
- Stretch ourselves.
- FOCUS.

EXERCISE:

Looking back at the work book and the questions and your realisation, but also exploring over the next week ponder on the following topics:

a) What stopped you from achieving points as set out in previous sections?

- What distracted you?
- What support was lacking?
- What relationships was lacking?
- What processes and systems was lacking?

What accountability was lacking?

i) What am I doing to develop my self?

- To obtain the necessary skills?
- To obtain new knowledge?
- To develop physically?

8. Making it all happen – The ritual

To get something heavy moving, the most energy is needed just to get it going; as soon as there is momentum, moving the object further we need less energy. In changing our behaviour to get new habits going we also need to focus and I would like to call it to get new rituals in place.

So work through the previous exercises and condense it into a one page plan in the grid:

RITUAL	STOP	START	CONTINUE
Spiritual			
Mental			
Emotional			
Physical			

9. NOTES TO SUPPORT YOU ON THE JOURNEY

Your dream:

1. Close your eyes and visualise your life 1 year, 5 years and 10 years down your time-line, for 10 minutes, when you do the above with full energy.

2. Do you like what you see?

Is it what you want?

Do you love what you see?

What do you have to lose?

3. Now write down what you visualised:

Remember while travelling the new road:

- You need help from the Lord to guide you! GRACE.
- You need time, regular to do it, DIARIES.
- Engage a group, family, friends where possible as part of your activities.
- What will the consequences and rewards be along the way?
- Create new ways:
 - A place/process to talk to people who support you.
 - Connect with others.
 - Quarantine all weaknesses, internal, external and interpersonal.
 - Change happen with biological time, an ant builds by using one, by one grain of sand at a time.
- Life is a journey, not a destination so enjoy the journey.
- Life on earth is temporary.

Moments define our days and days define our life's.....