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Raise Your Vibration

Masterclass

Video 20: Begin Your Energy Journal with a Energy Analysis

In this video, I want to talk to you about protecting your energy. And that sounds great, but before we can protect something, we need to know what we're actually protecting.

That's why we're going to start this video by creating an energy journal.

You begin by analyzing your energy. What gives you more energy, and what drains it? Do this for a regular day.

Think about everything you do and classify it into the following categories:

Minus (-) – It only costs energy.

Minus/Plus (-/+) – It takes energy, but it also gives some back, so the result balances out.

Plus (+) – It gives you energy.

Double Plus (++) – You're super excited about it.

When doing this, you want to look at it neutrally. You want to see reality as it is. Don't look at situations with emotion, and don't think about how they could be—just look at how they actually are right now.

This is really simple, yet most people rarely do it. And you wouldn't believe how many people go through their days doing things that drain them, surrounded by people who don't give them energy.

Day after day, week after week, year after year.

And while this exercise is easy to do, it can also be very confronting—especially when it comes to the people in your life.

Your friends, your family, or even your partner.

You might realize that people you love have been draining your energy on a daily basis for weeks, months, or even years.

And you'll never be fully aware of this unless you start analyzing your energy.

So, your energy journal starts with an analysis. And the reason you want to take this seriously is that everything we consume daily—the information, the people, the interactions—has a massive impact on our current state of being.

It strongly influences how we feel, how we see the world, and ultimately, the outcome of our daily lives.

Because it programs you. Think of it as the software that runs your brain.

And the great thing is, you can change this quite easily.

There are small tips and tricks that can make a huge impact.

It can be as simple as stopping watching the news, for example.

The reason behind this is that it's almost always negative. And what you want to do is remove as much negative input from your life as possible while adding as much positive input as you can.

Because you get out of life what you put into it.

If you put in "junk," so to speak—if you watch negative news and let yourself be influenced by fear-based narratives, listen to violent or overly dramatic music, and eat poorly—what kind of work do you think you'll put out into the world?

It'll be very difficult to contribute something positive.

Your goal, in terms of energy, should be to set yourself up for happiness, high vibrations, positivity, and inspiration.

So that having a good day becomes much more natural than having a bad one.

For me, for example, it's almost impossible to have a bad day at this point.

Even if I watch the news or something happens that most people would consider a disaster, it doesn't really affect me.

Because for years now, I've been consciously managing my energy input and output.

And again, it all starts with your energy analysis.

So, how do you do this?

Start by identifying what drains your energy on a daily basis and which situations or things impact your mood the most.

Take some time to think about this. Pause for a moment and reflect.

Maybe the answer doesn't come immediately, but if you take a few minutes, you'll figure it out.

It could be financial stress that occupies your mind daily or monthly, a relationship that isn't fulfilling, or a job that isn't aligned with what you truly want to do.

It could be anything. So figure out what it is for you.

You just have to start and try.

Think about it, and write it down.

You're the only one who will see it.

You'll then start to realize that your mood is mostly affected by the information you consume, the activities you do, and the people you surround yourself with.

For example, the news you consume.

If I check a news site right now, I might see headlines about a major accident, climate activists throwing soup at the Mona Lisa, attacks in the Middle East, or financial fraud in Ukraine's military.

Just by reading these headlines, you immediately form an opinion, whether you want to or not.

But the fact remains that this is all low-vibration information. And most people consume this every single day.

Or maybe you go to a job every day that you don't enjoy, but you have to because you need to make money, so you feel stuck and frustrated.

Or maybe you keep hanging out with friends you've known for years just because you have history together, even though you're growing apart and have different interests. So you meet up, but deep down, you don't really want to.

These kinds of things drain your energy.

Or maybe this applies to your partner.

If you're forcing yourself to be around people just because you think you should, it will take a serious toll on you energetically.

So be aware of this.

What you want to do is consume as little mainstream media as possible—so no news websites, minimal radio or TV news.

Also, be mindful of the movies you watch. Avoid too much drama, horror, war, violence, abuse, or fear-based content.

Your music—opt for calming and inspiring music instead of rap, hip-hop, or dramatic songs.

Then, the people you spend time with.

This is one of the biggest influences on your life.

Humans are social creatures, and we naturally mirror the habits and beliefs of those around us in order to fit in.

In the past, being excluded from the group often meant death.

So, after spending time with someone—say, you went to a sauna with a friend—write in your journal how you felt afterward.

What did you talk about? Did it bring you joy and good feelings?

What was the outcome of your time together? What did you offer each other?

Was there support? Was there a lot of complaining? It's fine if someone vents now and then, but is that the main theme? Is it a pattern?

Were you inspired? Do they do things that motivate you?

Do they support what you're working on? Do they give constructive advice?

These are all important things to write down so you can decide whether you want to keep this person in your life.

It's a different situation if you live with someone and realize they are a drain on your energy.

Avoiding them isn't always easy.

But at least consider your options.

Can you spend more time alone? Can you do more things for yourself or with other people?

Can you move out? Or, if it's your partner, can you make the tough decision?

When people leave your life, know that new people will come in—people who align with where you're headed and who share your energy.

That's just how life works.

But the time between losing people and meeting new ones can feel lonely.

That's why a spiritual journey often feels like a solitary one.

So be aware of that and prepare for it.

Then, look at your surroundings—your home, your living space.

How does it feel? Is it messy?

Are you happy with where you live? The town, the city, the country? Your environment?

Does it give you energy?

Can you do something to turn a minus into a plus?

Can you do a deep clean to make yourself feel better about your space?

Can you add a salt lamp, warm lighting, or a beautiful gemstone?

Can you rearrange your furniture to improve the energy and flow of your home?

Also, as part of your energy analysis, look at where you're wasting time—according to your own standards.

And make time for the things that give you energy.

Schedule these activities into your week.

For me, for example, it's surfing. I'm not amazing at it, but the waves and fresh air energize me. I do it with my partner.

Every two weeks, I go to the spa.

I prioritize myself and my energy.

It's really important.

So, to wrap up, make an energy analysis. Look at the pluses and minuses.

Analyze reality, not what you wish it was.

Stop doing things you don't enjoy. Stop spending time with people who don't make you feel good.

Stop consuming news and other negative content.

And instead, do more of what makes you feel good.

Write it all down daily. This will help you tremendously.

And in the next video, I'll talk specifically about identifying and removing people who drain your energy.