

The E-Factor

Progressive Synergy Coaching & Consulting Group

Volume 7

Mastering Your Life

Catabolic vs. Anabolic Choice



Many of us walk around feeling like we have limited choices in many aspects of our lives. Take notice of how many times a day you say the words have to, should, and need to.

When you're faced with a task or something to do, there are five basic ways you can respond.

Whenever you feel like you must do something, you're in Level 1 energy – you're a victim to your thoughts or circumstances.

In fact, when you're faced with a task or something to do, there are five basic ways you can respond, and of them, only one is by full conscious choice.

The five ways of responding are "I won't," "I have to," "I need to," "I want to," or "I choose to."

When you say "I won't" do something, you're saying that you have no power, that life happens to you, no matter what you do or believe. You don't believe that you have a choice. You also don't really think there's anything in it for you – so why do it?

If you say "I have to," you're looking at the short term perspective. You "have to" complete the task in front of you, or else you will experience dire consequences. You feel forced to do it, and that you have very little to no choice.

Welcome



Welcome to the E-Factor newsletter. This newsletter is an educational tool to help you get the most from your Energy Leadership assessment and your coaching program.

The "E" in E-Factor represents energy-the energy of success. I hope that by reading these newsletters, the success I'm talking about will be your success.

Sincerely,

Belda R. Villalon

Founder & CEO



Progressive Synergy
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The third response, "I need to" is a more powerful place to come from. Here, you're aware of your choices and you seek to find the opportunity in the challenges presented to you. This perspective brings more chance of success, but it's still catabolic, because you don't feel like you're fully at choice.

So these three responses involve either non-action, or action by force. Since you are not energetically bought into a situation, goal, or project, and because you are bringing catabolic energy to it, you are also bringing a recipe for failure.

So in these catabolic levels, even though you may think you are choosing to do something, at your core, you chose not to do it, or not to do it well.

The next response, "I want to," is anabolic, because it indicates that you are mostly at choice. But, "want" still comes from a place of lack.

The most powerful response is "I choose to." When you respond this way, you feel you have complete choice. There's a powerful connection between who you are and what you do.

So how do you get to choose to? Simply come from a place of having everything, and choosing to experience, rather than fill a need. Easy? Not at all, but you can choose to try it.

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