



The Thief of your Soul

NAME:

DATE:

This worksheet is a supplement training guide to “The Thief of your Soul” video published on June 4, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Ever have those days when you feel you’re dragging a ball and chain behind you? Your energy is at rock-bottom, and your productivity has tanked. Sometimes, we sabotage ourselves with behaviors and thoughts that create a toxic environment for achievement, vitality, and well-being. You may not even be aware how your own habits are affecting you. Check out which habit depletes your energy and steals your soul.

People waste so much time, and create a negative environment by gossiping. It is a real energy drain to discuss other people negatively. In fact, next time you gossip, take notice how your energy level is lower than before you gossiped.

It might feel good for a few minutes to gossip about other people, but it eventually catches up with you in the form of guilt, mistrust from others, or retribution. Gossip is simply negative, and negative things deplete your energy and steals your soul.

How does it makes you feel after you gossip?

What to do? Detox. Refrain from gossiping. If you find yourself in a conversation with a gossip, although you may have no other choice but to listen, do not engage. When there is a break in conversation try to change the subject.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com