

THE FOUR ENERGY STATES

LOW POSITIVE

This is not a bad place to hang out. In fact, it's where you probably spend most of your time. You feel calm and easygoing. You're paying attention to what's going on around you, but you're not hyper-tuned-in to anything. You daydream and your mind wanders. If something potentially stressful happens when you're in Low Positive, you try to ignore it. You hope it will go away or that someone else will deal with it. If you absolutely have to get involved, you do it in a half-hearted way. This is a pleasant, relaxing place to be in between performances. It's not where you want to be when it's time to perform.

LOW NEGATIVE

Yuck. That's your response to everything when you're in Low Negative. Nothing interests you, and what does catch your attention annoys you. You feel listless, overwhelmed and depressed. Everyone spends time here; it's just not a very good place to be when you have to perform. Take a test in Low Negative and you'll be in trouble because you'll have no energy for the problems. Ask your parents for money when you're in Low Negative and you're liable to talk them out of it. Lots of things can send you into Low Negative: bad news, illness, a minor annoyance, a major burnout. Fortunately the Mentally Tough tools can help you get out of Low Negative — whether you've been there for an hour or for a month.

HIGH NEGATIVE

Get mad *and* even! That's the slogan for High Negative. You're boiling with angry energy and you're ready to fight with anything that gets in your way. A batter in High Negative swings with megaton force at pitches in the dirt. A person making a phone call gets a busy signal and slams the phone into the receiver, then shouts at the next person who asks him something. A person doing homework in High Negative will scribble all wrong answers, black them out in frustration, then tear the paper up and throw it away. Doesn't endear you to the teacher. Doesn't do much for your body either. Long periods of High Negative energy can

PERFORMANCE TIP:
People perform best when their energy is naturally highest. If you find that your natural energy cycle is to have more energy in the morning, you might try to schedule your hardest classes then. On the other hand, if you tend to have a higher energy level in the afternoon, scheduling your tougher classes then may give you a performance edge.

produce typical stress reactions like high blood pressure, ulcers and heart attacks.

HIGH POSITIVE

This is it. This is where you want to be when it's time to perform. You're energized, you're in control, you're having fun. When you're in High Positive you're performing like the Maserati. It's where you perform at your best.

Let's look at how you feel...

Good. Water!

How you feel in each of the energy states

