

Moods, Moods Go Away

By Jay Forte

(A poem about the Energy Funnel – our tool to stay strong, confident and calm in any situation)

Know all the levels, there are only six
ways of responding, these are the six bricks.
In each of life's moments, you can be only in
one,
Choose it wisely, and you will get all your
things done.

In the first of the levels, in numbers 2 and in
1,
You are struggling, not having a whole lot of
fun.
You wonder where your great energy went.
You used it to do really nothing but vent.

Sure, venting is helpful, but not for too long
It tires you out, so you don't feel so strong.
With Levels 1 and 2, here's how to win:
Visit, but don't you ever move in.

Levels 3, 4 and 5 help you evolve,
When in these three levels your focus is *solve*.
Ideas and options come right into view,
Ideas, tons of great ones, not just a few.

In Levels 3, 4 and 5, you go get things done,
You work with others, stay calm and have
fun.
Your problems get solved, your relationships
grow;
You stay focused and calm and share what
you know.

Level 6 is so special, the level of life,
A level where things happen without any
strife.
Things are as they are, you just let them be.
Experience it all and life feels so free.

You make great things happen at level
number 6.
No magic, no smoke, no mirrors, no tricks.
Just full presence and living life in the now,
Life is full, life is great now that you finally
learned how.

Remember the 6 levels to help you get
through
All of life's many events with thinking brand
new.
In each little moment go use your strong
voice,
Levels 1 up to 6, it is always your choice.
Stay present, tuned in and always be wise;
A calmer and happier life is your prize.



ENERGY LEVEL FUNNEL
Content adapted from *Energy Leadership* by Bruce D. Schneider.