

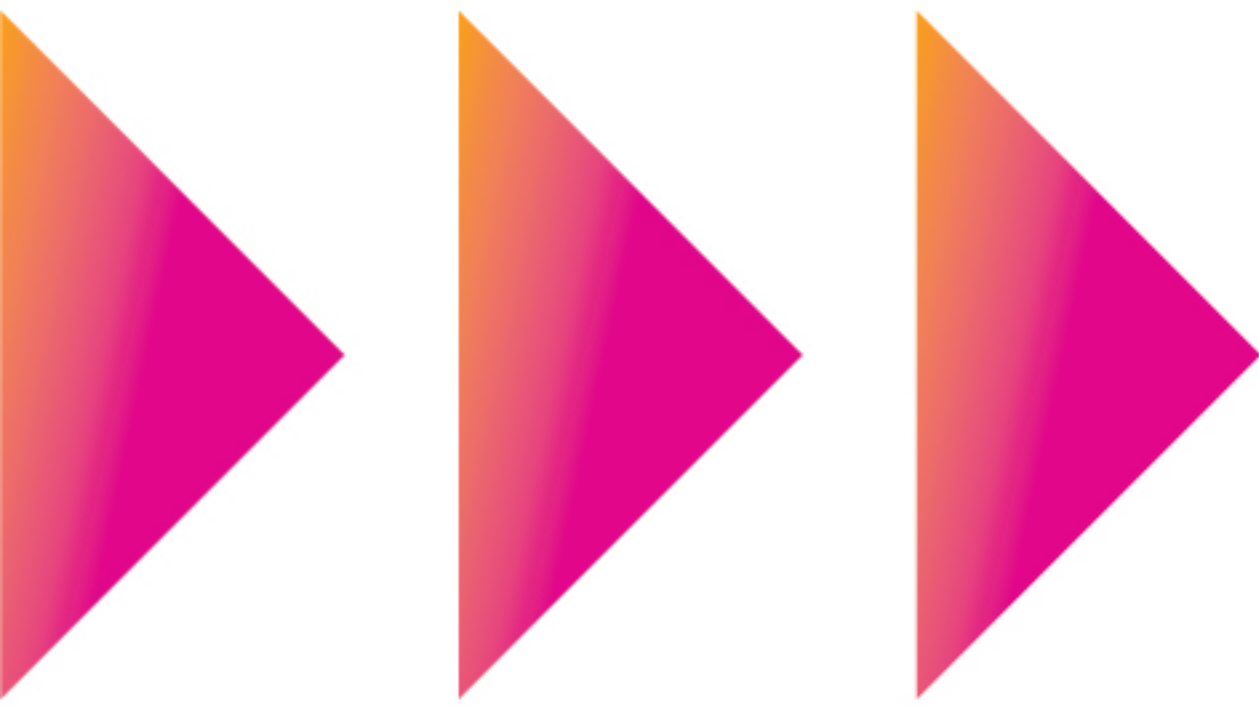
HOW TO STOP **SIDEWAYS**

◀◀◀ **ENERGY** ▶▶▶

by Somer Phoebus



HOW TO STOP
**SIDEWAYS
ENERGY**
by Somer Phoebe



You've heard it said, "*work smarter, not harder*," but what does that actually look like in the day-to-day life of a woman who is often pulled in multiple directions with multiple interruptions? (*Can you relate?*)


And even more so, is that Biblical wisdom or worldly advice? Our highest priorities that we talk about all the time here at swHw should get more than just our best intentions; they should get our greatest energy.


Take some time to evaluate yourself honestly by using this simple quiz to help you determine if sideways energy is a momentum killer for you, your home, or your career.

This resource works best when used in conjunction with the class, *How To Stop Sideways Energy*, located in your swHw member portal. Go check it out for tips on how to spot it and stop it!

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HOW TO STOP SIDEWAYS ENERGY

by Somer Phoebus

Directions: Considering each day, mark the place on the line between the two words that best identifies where you feel you are operating on average.

Effective	_____	Busy
Focused	_____	Distracted
Resolved	_____	Conflicted
On time	_____	Running Behind
With Margin	_____	Overloaded
Creative	_____	Uninspired
Joyful	_____	Irritated
Empowering	_____	Micromanaging
Scheduled	_____	Winging it
Content	_____	Discontent

Ideally, your marks should land as close to the words on the left side as possible. If you find yourself closer to the words on the right side, more than likely there are some habits and tasks that are creating sideways energy for you which can slow you down, and sometimes even bring you to a complete halt.

Need help moving the marker to the left?
Become a member of She Works HIS Way and watch
Somer's entire class for more tips.