

How to Stop Sideways Energy

Somer Phoebus

All quotes are from Somer Phoebus unless otherwise noted.

Download the resource: https://sheworkshisway.com/wp-content/uploads/2020/08/Sideways-Energy.pdf?fbclid=IwAR0-79YNnThHXmhJ7SiVZbGPA7YZF_I8fXUzVhArLM-jvMuAow1Dy8nDU3A

Sideways energy is a symptom of trying to do it all instead of doing what matters.

Energy is what the Lord gives us to do the work that He calls us to do.

Energy comes from God.

The goal is not that we will have more energy, but that the energy God gives us will be put in the right places.

Why is sideways energy a problem?

- because it holds you back.
- You're moving side to side instead of moving forward.
- it will sabotage your productivity.

How do I know what is sideways energy and what is not?

- you decide if the thing you're doing contributes to the overall purpose and vision for that moment, that day, that week, that month or your entire life. You can make the span of time as short or as long as needed.

Your purpose determines if something is sideways energy.

Sideways energy distracts you from your purpose.

How do I stop sideways energy?

- You have to have a very clear understanding of what your purpose is. (Purpose is only given by God.)
- Listen closely to the Holy Spirit so you are able to discern what is necessary vs. what is natural.
- Know how to identify sideways energy.

Effective vs. Busy

Sideways energy makes you busy.

Effective tasks contribute to the overall purpose and vision.

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You are either effective or you are distracted.

What is your purpose? to glorify God and build His kingdom

What is the purpose of your day/your work? Sit down and talk about what purpose is.

Busy work reacts to spontaneous requests, spends all day putting out fires. Busy distracts and reacts.

Focused vs. Distracted

Focus requires clarity.

It is way easier for you to have clarity when things are simple. Complication distracts.

If you want your day to be focused, you have to simplify your day.

Clarity comes when clutter leaves.

Resolved vs. Conflicted

When you feel resolved, you handled what needed handling when it needed to be handled.

In order to be good at making decisions, you have to be okay with making mistakes.

It's not productive to have an issue with someone and not address it. Don't let relational issues go unresolved.

Having the difficult conversation will bring more resolve than not having the conversation.

On Time vs. Running Behind

Sideways energy is the waiting to do, which causes you to be late.

Decide to do it.

Want to move forward? Get better about being on time.

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Margin vs. Overloaded

Ask the Lord to bring you comfort and keep you calm when there is nothing to do.

Stop trying to do it all and do what matters instead.

Margin gives you God interruptions. Interruptions aren't always sideways energy because sometimes, God needs to interrupt you.

Margin leaves room for people.

Leave blank space in your schedule.

Space is important.

Create margin and protect it.

If you create margin, you will be effective.

Creative vs. Uninspired

Sideways energy zaps the creativity out of you.

Creativity requires inspiration.

Creativity makes things fun.

Even the administrative tasks on your list are better done when you have a creative spirit.

The tasks on your list that don't inspire you might be sideways energy.

Class recording: The Stop Doing List (Somer Phoebus)

Joyful vs. Irritated

A joyful day requires the right heart posture.

#1 sideways energy = people

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Sideways energy is you trying to fix/deal with hard people.

Forward energy still has to deal with hard people, but love/forgive and move forward.

Sideways energy hangs out with your irritability/bitterness.

Empowering vs. Micromanaging

The need to control is sideways energy.

Good leaders delegate.

Good moms delegate.

Let go so you can do the things that matter.

Be someone who empowers, not micromanages.

When you trust God with the results of everything, you won't feel the need to control everything.

Pray and let it go.

Scheduled vs. Winging It

Be a good steward of your time, resources, people.

If you work better in routine, keep on!

3 things you need to know when you have a schedule:

- what you need to accomplish.
- when you need to accomplish it.
- how you will accomplish it.

If you want to move forward, create a schedule.

Class recording: How to Create a Skeleton Schedule (Somer Phoebus)

Content vs. Discontent

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At the end of the day, sideways energy will leave you discontent.

Keep your eyes focused on Jesus and walk towards your purpose.

Comparison is sideways energy.

Anytime you are looking to the sides, you are not looking up.

Eyes up!

When you wake up in the morning:

- step 1: spend time with the Lord
- step 2: pray over everything on the left of the list
- step 3: ask yourself with every task "is this moving me towards my purpose?"