



The People Skills Academy

Mastering the Art of Human Connection

Leaders Develop Daily Leadership Happens in the Moment

Reduce Stress, Conflict & Disappointment
Increase Your Happiness & Results

ThePeopleSkillsAcademy.com



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Experience a Better Life for Yourself & For Those Around You Become a No Drama Llama!

Foundational Agreements:

1. I am 100% **response-able** for my life experiences.
2. I hold the power to shift my focus and raise my energy and vibration and I have the tools to do so.
3. I most enjoy life when I am feeling love, self-expression, creativity, and connection to myself, to others and to Source.
4. When I operate from love, compassion and understanding, I am adding to the sum-total of human happiness, doing my part for humanity.
5. I am being the change I want to see in the world.

Practicing The Art of Human Connection

“Practice isn’t the thing you do once you’re good. It’s the thing you do that make you good.”

~ Malcolm Gladwell



It Begins with YOU.

Self-Awareness Check In

Increasing Your Response-Ability

Throughout the day notice the different emotions you experience what your emotions and energy are (yes, you will likely go through a variety of them). Pay particular attention and record triggers that cause you to go “below the line” and “above the line.”

This activity is designed to have you become more aware of the events and circumstances that cause you upset so that you can more quickly recover and return to the emotions you’d prefer to be feeling.

Day & Date	What Happened (Who Was Involved)	Emotions Experienced	Above or Below	Scale of 1 to 10 (1=Mild 10-Extreme)

High Vibration Above the Line

Contentment, hopefulness, optimism, positive expectation, belief, enthusiasm, eagerness, happiness, passion, joy, knowledge, empowerment, freedom, love, appreciation

Low Vibration Below the Line

Boredom, pessimism, frustration, irritation, impatience, overwhelm, disappointment, doubt worry, blame discouragement, anger, revenge, hatred, rage, jealousy, insecurity, guilt, unworthiness, fear, grief, depression, despair and/or powerlessness.

Tools & Resources to Bring You Back to Peace & Calm

Essentials for Clearing Communication – Courageous Conversations

“The root problem of almost all people problems is that people do not listen with empathy. They listen from their autobiography.” ~ Stephen Covey

Before engaging in a “Courageous Conversation” I choose to engage as follows:

1. I imagine the best possible outcome for ALL parties involved.
2. I ask the question of myself, “How could this be happening FOR me?”
3. I adopt the following attitudes and behaviors:

Attitudes	Behaviors
I assume good faith; I do not question your sincerity or your sanity	I listen to understand.
I care about our relationship and want to resolve this difference.	I speak to be understood.
I want to be able to see the situation from the other person’s point of view.	I start dialogue from a common point of reference or agreement and move slowly into areas of disagreement.
I am open to influence and prepared to change.	

Change Your State from From Low-energy Emotions to Higher

Physiological Shift – Peripheral Vision (Hakalau): This is a powerful technique to use when you want to regain composure.

- Become aware of the negative emotion you’re feeling (not the story behind it) and name it as you put your head down. For example, if you were nervous about an upcoming meeting or having to speak in public, you say to yourself, “I feel nervous” and then put your head down.
- Now straighten your back, lift your chin up slightly and look up to choose a spot on the ceiling. As you stare at the spot, just let your mind go loose and focus all your attention on the spot.
- Next, allow your field of vision to spread out, expanding your peripheral vision to 180 degrees. As your vision spreads out, you see more of the room.
- Take a deep breath and relax your tongue onto the bottom of your mouth to tell your unconscious mind that the danger is over. Notice that you no longer feel that negative emotion because you changed your physiology and accessed a different part of your brain, the pre-frontal cortex.

The Prayer of Ho'oponopono

Remember, those people, things or circumstances that cause you to go below the line are actually opportunities for you to increase your faith, raise your vibration and re-connect you with source and the Super Conscious.

As Mornah Nalamaku Simeon (the creator of the modern-day practice) shared:

“When we experience stress or fear in our lives, if we look carefully, we would find that the cause is actually a memory. It is the emotions which are tied to these memories which affect us now. The subconscious associates an action or person in the present with something that happened in the past. When this occurs, emotions are activated and stress is produced.”

One of the reasons I so love the practice and prayer of Ho'oponopono, is that it can provide quick relief and eliminate getting stuck in the trap of being upset. Through the prayer we can CHOOSE to return to the source of love by asking for release of what is in US that is being triggered.

This is a prayer to the Divine (Source, God, Infinite Intelligence) about what you are feeling, not about the person or circumstance involved.

**I'm sorry
Please forgive me
Thank you
I love you**

Expanded Meaning & Intention Behind It

I'm sorry

For having _____ (i.e. fears, anger, disappointment) about _____

Please forgive me

For having them in my mind and forgetting that I am always taken care of, and that love is always available to me through you

Thank you

For erasing these fears (and thoughts) from my mind

I love you

For taking care of my mindset so that I can allow more love to come into my life

.

You have the power.

“For every minute you are angry you lose sixty seconds of happiness.”

~ Ralph Waldo Emerson

Tools & Resources to Bring You Back to Peace & Calm

For persistent and/or recurring fears, emotions and beliefs that you are ready to finally release.

Recite this prayer OUT LOUD four (4) times in succession.

Dear Universe, God, the Super-conscious and all those who care about me in spirit. Please locate the origin of my feelings and thoughts of _____

[INSERT ISSUE]

Take each and every level, layer, area and aspect of my being to this origin. Analyze it and resolve it perfectly with God's truth.

Come through all generations of time and eternity, healing every incident and its appendages based on the origin.

Please do it according to God's will until I am at the present filled with light and truth.

*God's peace and love, forgiveness of myself for my incorrect perceptions
Forgiveness of every person, place, circumstance, and event that has contributed to these feelings and thoughts.*

I am sorry, please forgive me, thank you, I love you

And it is done!