



# ***Choose Your Energy: Change Your Life!***

**by Deborah Jane Wells**  
**Hay House/Balboa Press**

## ***Reader's Companion: Color Versions of All Book Illustrations***

***When you fall in love with yourself,  
everything else falls into place,  
personally and professionally.***

***When love transforms  
your relationship with yourself,  
it transforms your personal life,  
your work, and the world.***

**Available from Hay House/Balboa Press**

***Choose Your Energy: Change Your Life!***

***When you fall in love with yourself, everything else falls into place***

**by Deborah Jane Wells**

When your birth includes a near-death experience, you know you are in for a wild ride. More than five decades later, that roller coaster of triumph and burnout led to finding my life purpose. **Mine is a story of hope. Yours can be too.**

**What's love got to do with it? Everything!**

When love transforms your relationship with yourself, it can't help but transform your personal life, your work, and the world. Individuals and organizations alike can harness that power to step into their greatness.

Based on my signature Discovery Framework and real stories from my own life and the lives of my clients, this book is a treasure map for discovering unexplored possibilities buried deep within your authentic self. And a guide for turning those possibilities into fulfilling realities.

Offered in softcover, hardcover and eBook formats. All three digital versions (mobi, epub, and pdf) compatible with Kindle, Nook and universal eReaders are available. Also available directly from the author in audiobook form.

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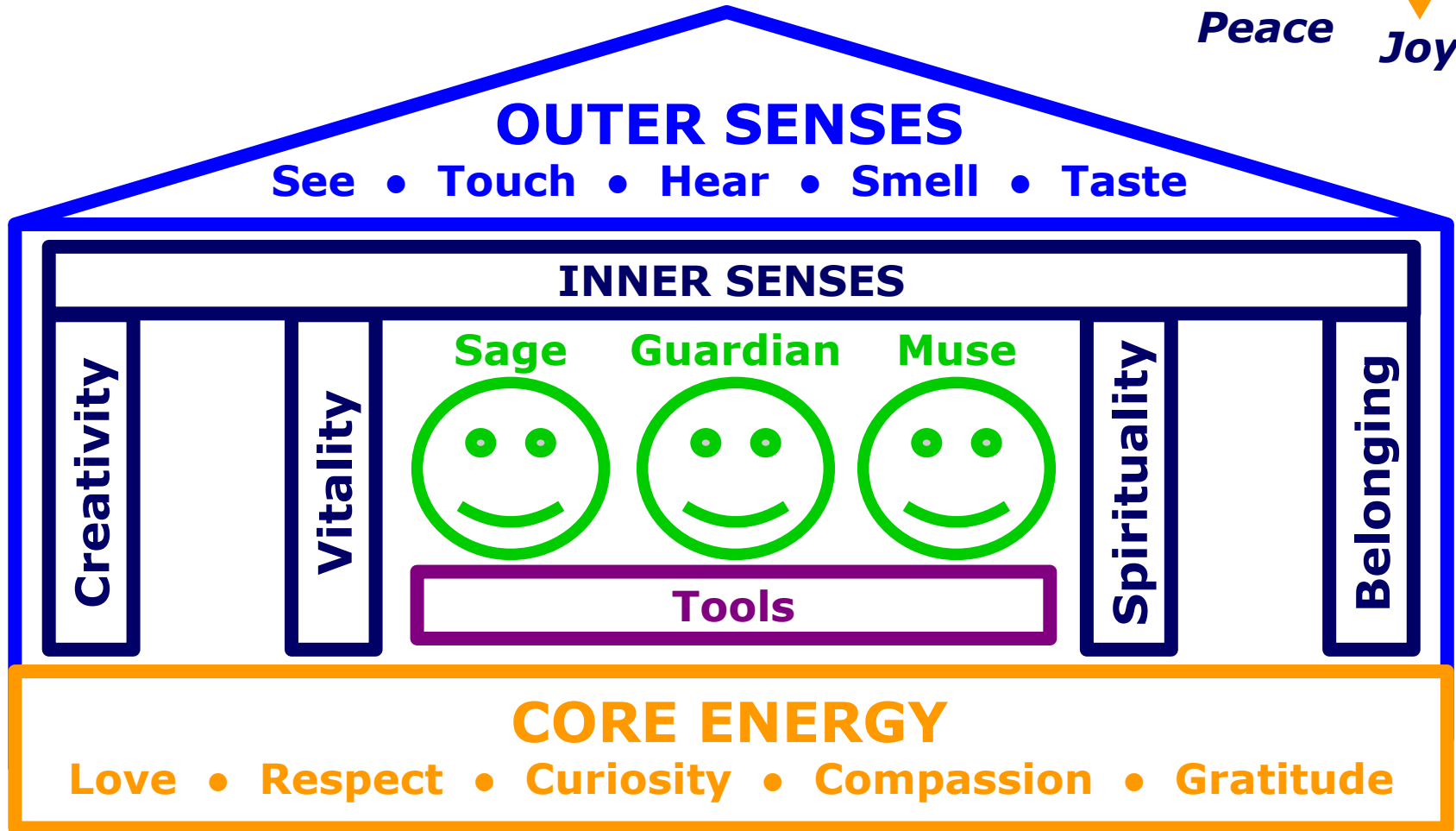
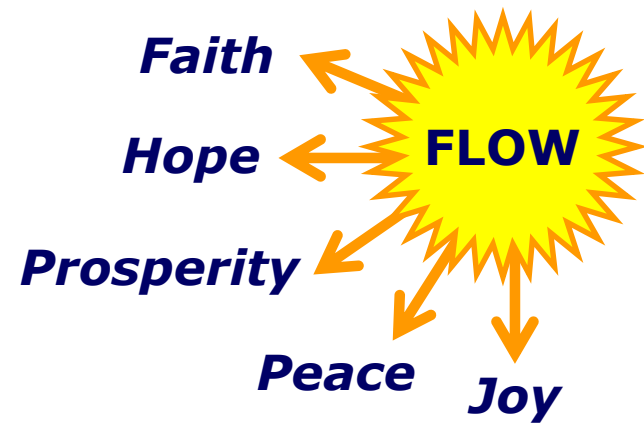
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[Click here](#) for FREE excerpts from the real life stories of transformation included in the book. The message is clear: when we spend our lives not taking care of ourselves, eventually we're no good to ourselves or anyone else.



# Discovery Framework



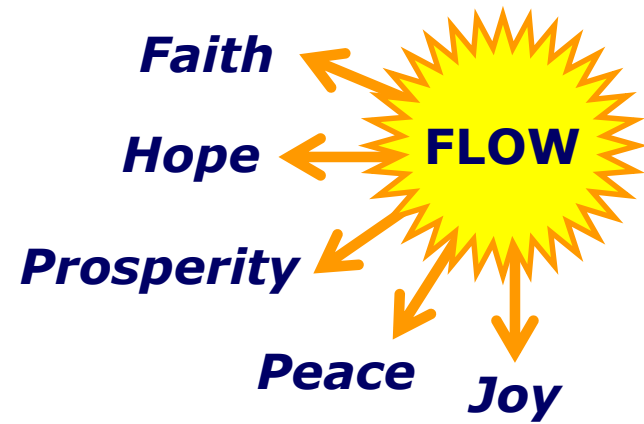
# Flow Scan

I approach life with love, respect, curiosity, and compassion,  
revealing and advancing the highest good.

My gratitude for Universal abundance anchors each moment  
in generous, effortless, gracious flow filled with faith, hope, prosperity, peace, and joy.

	<i>FEAR-Based Lies and Illusions Blocking Me</i>		<b>FLOW</b>	<i>Baby Steps to LOVE-Based Truth and Reality</i>
<b>DISTRUST</b>		<b>FAITH</b>	I am confident that love is the greatest power in the Universe.	
<b>DESPAIR</b>		<b>HOPE</b>	Universal love is always unfolding the highest good for all, in all, through all.	
<b>SCARCITY</b>		<b>PROSPERITY</b>	My Universal Source is excellent, limitless and reliable.	
<b>PANIC</b>		<b>PEACE</b>	I relax into all that was, is and will be.	
<b>MISERY</b>		<b>JOY</b>	Whatever my circumstances, I know who I am and Whose I am.	

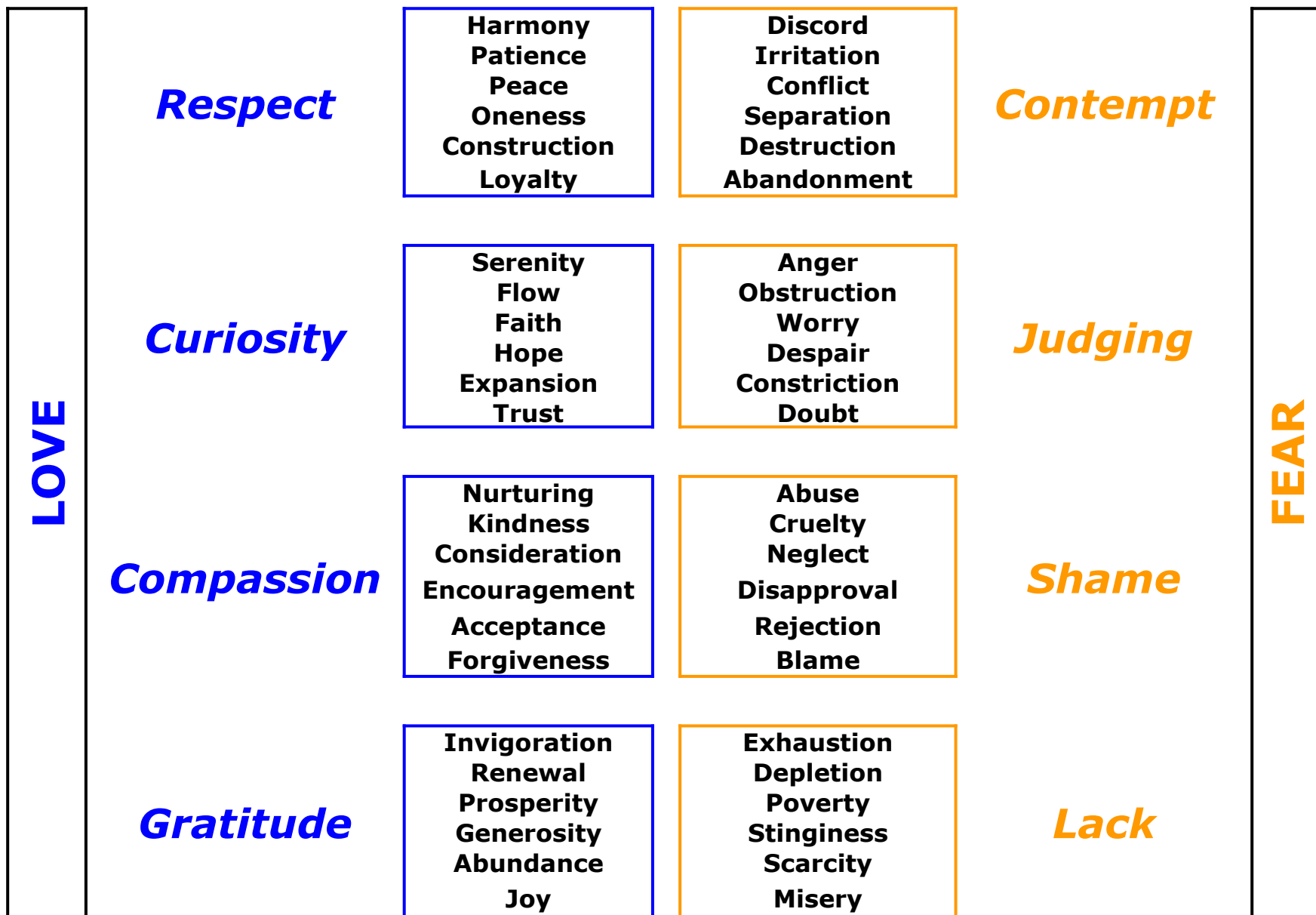
# Choosing Your Fuel: *The Role of Core Energy*



## **CORE ENERGY**

**Love • Respect • Curiosity • Compassion • Gratitude**

# The Many Faces of Love and Fear



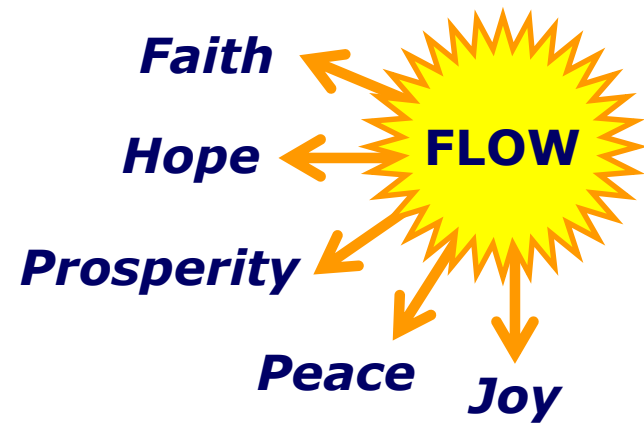
# Core Energy Scan

I approach life with love, respect, curiosity, and compassion, revealing and advancing the highest good. My gratitude for Universal abundance anchors each moment in generous, effortless, gracious flow filled with faith, hope, prosperity, peace, and joy.

	<b>FEAR</b>	<i>Indicators of Insufficiency</i>		<b>LOVE</b>	<i>Baby Steps to Strengthen My Reality</i>
<b>CONTEMPT</b>	Discord Irritation Conflict Separation Destruction Abandonment		<b>RESPECT</b>	Harmony Patience Peace Oneness Construction Loyalty	
<b>JUDGING</b>	Anger Obstruction Worry Despair Constriction Doubt		<b>CURIOSITY</b>	Serenity Flow Faith Hope Expansion Trust	
<b>SHAME</b>	Abuse Cruelty Neglect Disapproval Rejection Blame		<b>COMPASSION</b>	Nurturing Kindness Consideration Encouragement Acceptance Forgiveness	
<b>LACK</b>	Exhaustion Depletion Poverty Stinginess Scarcity Misery		<b>GRATITUDE</b>	Invigoration Renewal Prosperity Generosity Abundance Joy	

**INSIGHTS:**

# Creating Balance: *Feeding Your Outer Senses*



## **OUTER SENSES**

**See • Touch • Hear • Smell • Taste**

## **CORE ENERGY**

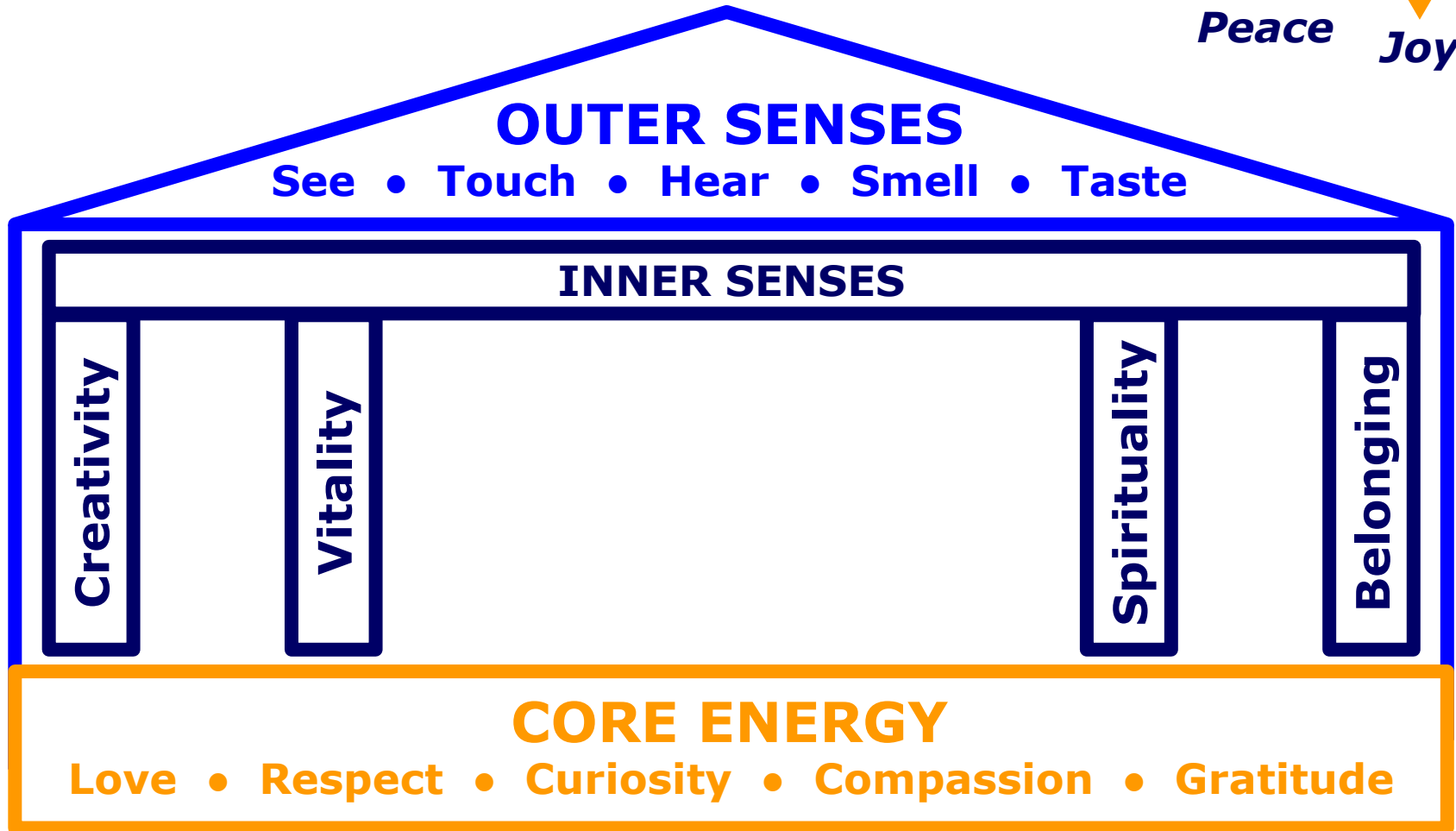
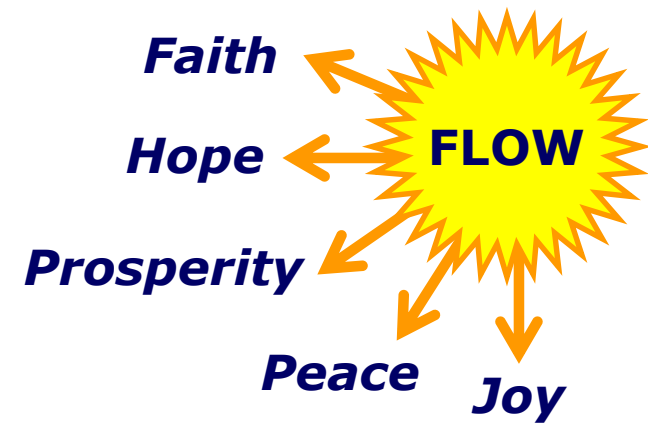
**Love • Respect • Curiosity • Compassion • Gratitude**



# CHAKRA SUMMARY

<b>Chakra</b>	<b>Focus</b>	<b>Colors</b>
<b>7 Crown</b>	<b>Self-Knowledge, Spirituality, Divine Connection, Oneness</b>	<b>Purple, White</b>
<b>6 Third Eye</b>	<b>Self-Reflection, Discernment, Seeing Things as They Truly Are</b>	<b>Dark Blue</b>
<b>5 Throat</b>	<b>Self-Expression, Integrity, Choices, Speaking Your Truth</b>	<b>Bright Blue, Light Blue</b>
<b>4 Heart</b>	<b>Self-Acceptance, Unconditional Love, Compassion, Forgiveness, Saying Yes, Integration of Upper and Lower Chakras</b>	<b>Green</b>
<b>3 Solar Plexus</b>	<b>Self-Esteem, Vitality, Ambition, Courage, Discipline, Saying No</b>	<b>Yellow</b>
<b>2 Sacral</b>	<b>Self-Awareness, Personal Power (Sex, Money, Relationships, Career), Desire/Addiction, Creativity, Flexibility</b>	<b>Orange</b>
<b>1 Root</b>	<b>Self-Preservation, Safety, Stability, Grounding, Belonging, Tribal Connection</b>	<b>Black, Brown, Red, Pink</b>

# Creating Balance: Feeding Your Inner Senses



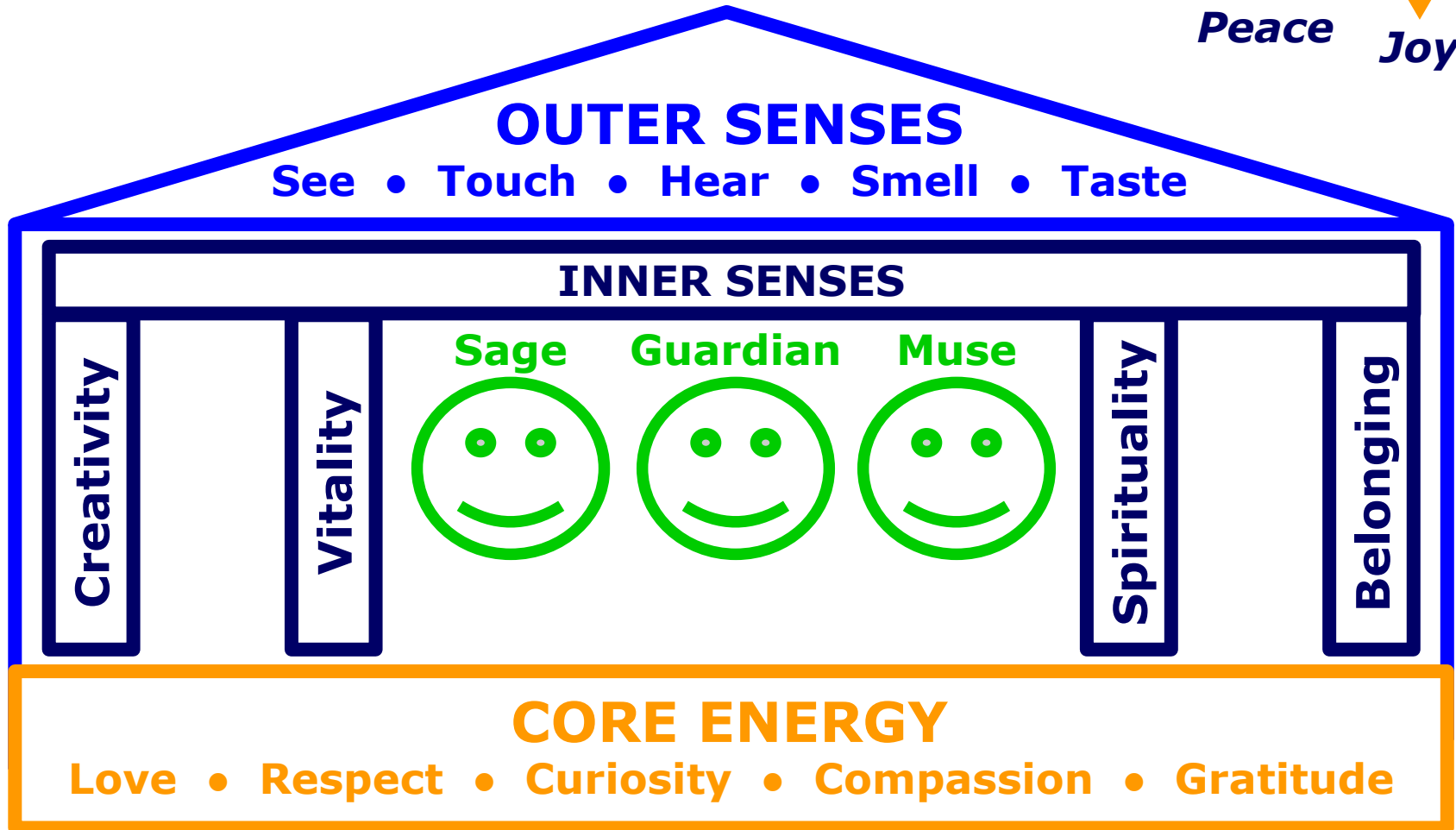
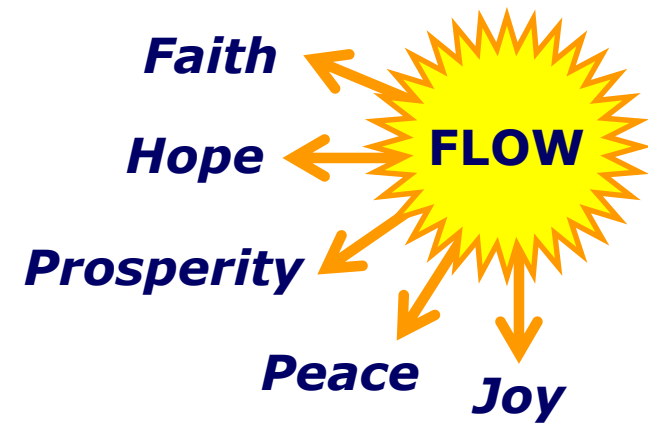
# Sensory Balance Scan

*When I feed all of my senses in a balanced way,  
no one sense takes over trying to fill a void it can never hope to fill.*

		Starve		Just Right		Gorge	Baby Steps to Improve Balance
<b>Outer Senses:</b> <i>I celebrate my world.</i>	See						
	Touch						
	Hear						
	Smell						
	Taste						
<b>Inner Senses:</b> <i>I imbue my experience with meaning.</i>	Creativity						
	Vitality						
	Spirituality						
	Belonging						

**INSIGHTS:**

# Achieving Equanimity: Your Personal Board of Directors



# ***Elements of Board Members' Agendas***

***The whole is greater than the sum of its parts.***

<b><i>ELEMENT</i></b>	<b><i>DEFINITION</i></b>
<b>Focus</b>	<b>Primary attention</b>
<b>Love Persona</b>	<b>Optimal way of showing up when fueled by love</b>
<b>Core Fear</b>	<b>What leads to rejecting love and producing a sense of separation</b>
<b>Attributes</b>	<b>Love-based qualities and specific fears that undermine them</b>
<b>• Goal</b>	<b>• Utmost desire</b>
<b>• Means</b>	<b>• Preferred way of getting there</b>
<b>• Gift</b>	<b>• Natural aptitude and greatest contribution</b>
<b>• Passion</b>	<b>• Chief delight</b>
<b>Fear Persona</b>	<b>Gremlin or destructive way of showing up when fueled by fear</b>
<b>Defense Mechanism</b>	<b>Favorite passive and aggressive forms of sabotage</b>
<b>Remedy</b>	<b>What restores love and a sense of oneness</b>

# Your Personal Board of Directors

*The whole is greater than the sum of its parts.*

<b>MEMBER:</b> <i>Focus</i>	<b>SAGE:</b> <i>Soul</i>		<b>GUARDIAN:</b> <i>Head</i>		<b>MUSE:</b> <i>Heart</i>	
Love Persona	Optimist		Engineer		Visionary	
<b>CORE FEAR</b>	<b>I DON'T MATTER</b>			<b>I AM POWERLESS</b>		
<b>ATTRIBUTES</b>	<b>LOVE-BASED</b>	<b>FEARS</b>	<b>LOVE-BASED</b>	<b>FEARS</b>	<b>LOVE-BASED</b>	<b>FEARS</b>
• Goal	Meaning	Nihilism	Safety	Danger	Fun	Drudgery
• Means	Synergy	Discord	Structure	Chaos	Flexibility	Constraint
• Gift	Discernment	Confusion	Discipline	Laziness	Imagination	Monotony
• Passion	Flow	Force	Work	Waste	Play	Servitude
<b>Fear Persona (GREMLIN)</b>	Bleeding Heart Hermit Know-It-All Zealot		Killjoy Workaholic Drill Sergeant Control Freak		Dilettante Sneak Wild Child Loose Cannon	
<b>Defense Mechanism</b>	Withdrawal and Annihilation		Condescension and Coercion		Deceit and Rebellion	
<b>Remedy</b>	See the Opportunity		Make a Plan		Find the Fun	

# Sage's Agenda

<b>MEMBER:</b> <i>Focus</i>	<b>SAGE:</b> <i>Soul</i>	
<b>Love Persona</b>	<b>Optimist</b>	
<b>CORE FEAR</b>	<b>I DON'T MATTER I AM POWERLESS</b>	
<b>ATTRIBUTES</b>	<b>LOVE-BASED</b>	<b>FEARS</b>
• <b>Goal</b>	<b>Meaning</b>	<b>Nihilism</b>
• <b>Means</b>	<b>Synergy</b>	<b>Discord</b>
• <b>Gift</b>	<b>Discernment</b>	<b>Confusion</b>
• <b>Passion</b>	<b>Flow</b>	<b>Force</b>
<b>Fear Persona (GREMLIN)</b>	<b>Bleeding Heart Hermit Know-It-All Zealot</b>	
<b>Defense Mechanism</b>	<b>Withdrawal and Annihilation</b>	
<b>Remedy</b>	<b>See the Opportunity</b>	

# Guardian's Agenda

<b>MEMBER:</b> <i>Focus</i>	<b>GUARDIAN:</b> <i>Head</i>	
<b>Love Persona</b>	<b>Engineer</b>	
<b>CORE FEAR</b>	<b>I DON'T MATTER I AM POWERLESS</b>	
<b>ATTRIBUTES</b>	<b>LOVE-BASED</b>	<b>FEARS</b>
• <b>Goal</b>	<b>Safety</b>	<b>Danger</b>
• <b>Means</b>	<b>Structure</b>	<b>Chaos</b>
• <b>Gift</b>	<b>Discipline</b>	<b>Laziness</b>
• <b>Passion</b>	<b>Work</b>	<b>Waste</b>
<b>Fear Persona (GREMLIN)</b>	<b>Killjoy Workaholic Drill Sergeant Control Freak</b>	
<b>Defense Mechanism</b>	<b>Condescension and Coercion</b>	
<b>Remedy</b>	<b>Make a Plan</b>	



# Muse's Agenda

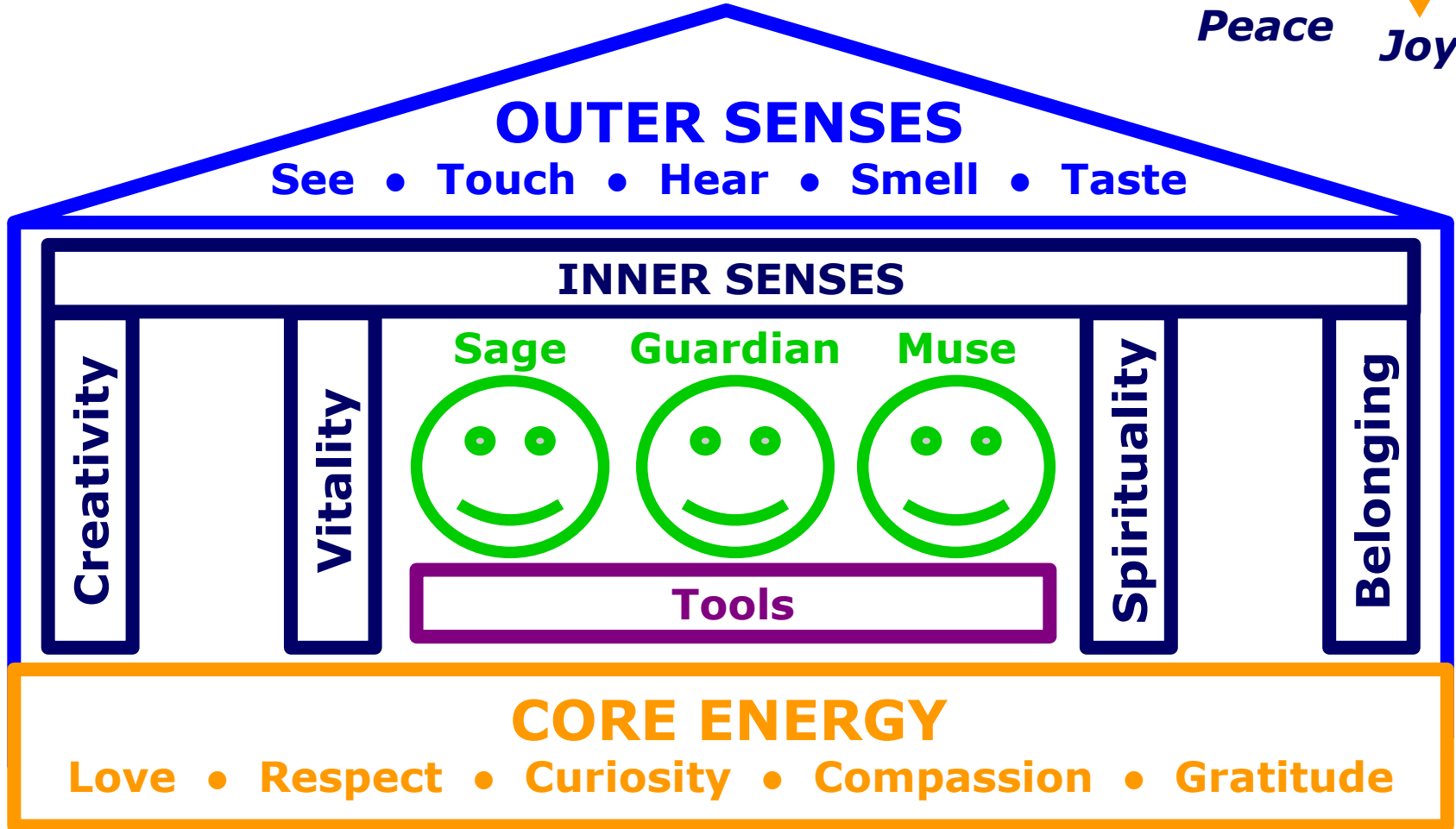
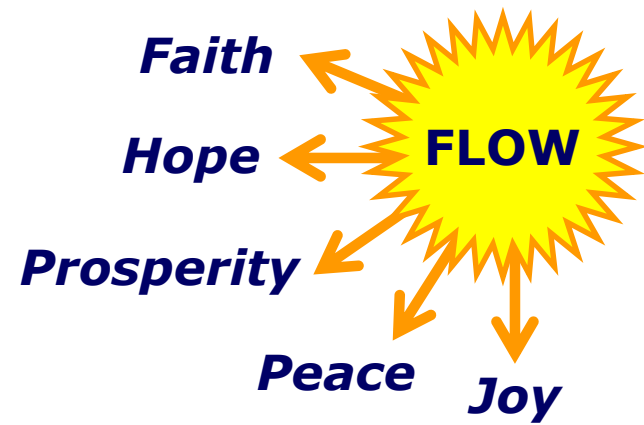
<b>MEMBER:</b> <i>Focus</i>	<b>MUSE:</b> <i>Heart</i>	
<b>Love Persona</b>	<b>Visionary</b>	
<b>CORE FEAR</b>	<b>I DON'T MATTER I AM POWERLESS</b>	
<b>ATTRIBUTES</b>	<b>LOVE-BASED</b>	<b>FEARS</b>
• <b>Goal</b>	<b>Fun</b>	<b>Drudgery</b>
• <b>Means</b>	<b>Flexibility</b>	<b>Constraint</b>
• <b>Gift</b>	<b>Imagination</b>	<b>Monotony</b>
• <b>Passion</b>	<b>Play</b>	<b>Servitude</b>
<b>Fear Persona (GREMLIN)</b>	<b>Dilettante Sneak Wild Child Loose Cannon</b>	
<b>Defense Mechanism</b>	<b>Deceit and Rebellion</b>	
<b>Remedy</b>	<b>Find the Fun</b>	

# Equanimity Scan

**Pop the fear-based illusion of lies to restore the love-based reality of truth.**  
**When Gremlins arise, take a baby step toward restoring equanimity by determining which member is feeling threatened based on which fears are being expressed.**

	✓	Fear	Synonyms		What Love Looks Like	Likely Saboteur	How to Restore Love	Take Action
<b>I DON'T MATTER—I AM POWERLESS</b>		<b>Nihilism</b>	<b>Meaninglessness, Despair, Pessimism</b>	<b>I MATTER—I AM POWERFUL</b>	<b>Meaning</b>	<b>Sage (Optimist)</b>	<b>See the Opportunity</b>	
		<b>Discord</b>	<b>Arguing, Conflict, Friction</b>		<b>Synergy</b>			
		<b>Confusion</b>	<b>Bewilderment, Upheaval, Disorientation</b>		<b>Discernment</b>			
		<b>Force</b>	<b>Coercion, Pressure, Bullying</b>		<b>Flow</b>			
		<b>Danger</b>	<b>Jeopardy, Peril, Threat</b>		<b>Safety</b>	<b>Guardian (Engineer)</b>	<b>Make a Plan</b>	
		<b>Chaos</b>	<b>Anarchy, Pandemonium, Unruliness</b>		<b>Structure</b>			
		<b>Laziness</b>	<b>Lethargy, Sloth, Inertia</b>		<b>Discipline</b>			
		<b>Waste</b>	<b>Carelessness, Extravagance, Redundancy</b>		<b>Work</b>			
		<b>Drudgery</b>	<b>Chore, Grind, Toil</b>		<b>Fun</b>	<b>Muse (Visionary)</b>	<b>Find the Fun</b>	
		<b>Constraint</b>	<b>Limitation, Constriction, Restraint</b>		<b>Flexibility</b>			
		<b>Monotony</b>	<b>Flatness, Boredom, Tedium</b>		<b>Imagination</b>			
		<b>Servitude</b>	<b>Bondage, Subjugation, Subservience</b>		<b>Play</b>			

# Making It Happen: Tools for Fostering Flow



# Mindset Scan

Consider your current discomfort and dissatisfaction. Review each of the five parts of the mindset.  
 Determine which specific fear-based lies and illusions are blocking you.  
 Identify the baby steps that will return you to alignment with truth and reality anchored in love.

	<i>FEAR-Based Lies and Illusions Blocking Me</i>	<i>Baby Steps to LOVE-Based Reality</i>
<p><b>1: COME AS YOU ARE</b>            Show up and bring my best. Quit judging myself as insufficient. I am always enough.</p>		
<p><b>2: LIVE THE TRUTH</b>            God is God, I am God's, and love is the greatest power in the Universe. My Source is excellent, limitless, and reliable. I am a unique and precious cocreative expression of the Divine.</p>		
<p><b>3: COMMIT TO THE HIGHEST GOOD</b>            Universal love is always unfolding the highest good for all, in all, through all. I align myself with the highest good by staying free of fear and holding myself wide open as a clear channel for love and light.</p>		
<p><b>4: EXPRESS GRATITUDE</b>            I appreciate every aspect of myself and my life—everything's an opportunity. Gratitude fosters flow filled with faith, hope, prosperity, peace, and joy.</p>		
<p><b>5: TRUST GOD WITH THE DETAILS</b>            I resist over-managing minutiae. I focus on my responsibilities (Mindset parts 1 to 4) and stay tuned to the Universal frequency (via my energy and intuition) for further instructions.</p>		