

Tigger



or Eeyore?

Tigger or Eeyore?

Eeyore, of course, is the Winnie the Pooh character who is chronically pessimistic, melancholic, and dismally gloomy. Heck, Eeyore could give depression a bad name. Eeyores see the worst in every situation and somehow can't see the dawn beyond the dark. Eeyores tend to focus mainly and disproportionately on the negative, draining your energy.

Tigger is pretty much the opposite, perpetually bouncy, cheerful, outgoing, and confident. He is a pleasure to be around. Tiggers are energy givers, they charge us up, help us see and believe the best in us and in every situation. Tiggers are optimistic, solution oriented, bundles of positive energy. Tiggers are spring days, sunrises, balmy breezes, cheerleaders, caring coaches, capable of being powerful mentors and strong role models.

Are you a Tigger or an Eeyore? An energy giver or an energy black hole? Being an energy giver will serve you better. Thoughts held in mind attract in kind; look where you want to go.

Our thoughts are one of the few things truly within our control. Even if it is challenging to completely control what comes to mind, we can certainly learn to control the thoughts that stay in our minds, the thoughts we focus on, dwell on. Thoughts create world paradigms, impact our energies, and drive our actions. Even if you had a bit of Eeyore in you in the past, the past need not be the future and your tendency does not have to be your destiny.

Even if a negative thing is true, does it serve you to focus on it? Even if a negative thing is true, odds are there are many positive things that also are true or could become true about a person or situation and your thoughts and energies may better serve you focused on the solution rather than the problem. Cease staring at the closed door, go looking for the open door, the unlocked door, the door ajar, the open window, the balcony opening on to spring. (Our greatest future does not always arrive gift wrapped just as we expect!)

So, which are you? Which do you want to be? How can you be more of a source of uplifting energy in your primary relationship, career, and community?

— Nathan S. Collier

Circle the choice that most applies to your personal experience.

- A. I feel like a failure.
- B. I do not feel like a winner.
- C. I feel like I have succeeded more than most people.
- D. As I look back on my life, all I see are victories.
- E. I feel I am extraordinarily successful.

- A. I am usually in a bad mood.
- B. I am usually in a neutral mood.
- C. I am usually in a good mood.
- D. I am usually in a great mood.
- E. I am usually in an unbelievably great mood.

- A. My life does not have any purpose or meaning.
- B. I do not know the purpose or meaning of my life.
- C. I have a hint about my purpose in life.
- D. I have a pretty good idea about the purpose or meaning of my life.
- E. I have a very clear idea about the purpose or meaning of my life.

- A. I rarely get what I want.
- B. Sometimes, I get what I want, and sometimes not.
- C. Somewhat more often than not, I get what I want.
- D. I usually get what I want.
- E. I always get what I want.

- A. I have sorrow in my life.
- B. I have neither sorrow nor joy in my life.
- C. I have more joy than sorrow in my life.
- D. I have much more joy than sorrow in my life.
- E. My life is filled with joy.

- A. Most of the time I feel bored.
- B. Most of the time I feel neither bored nor interested in what I am doing.
- C. Most of the time I feel interested in what I am doing.
- D. Most of the time I feel quite interested in what I am doing.
- E. Most of the time I feel fascinated by what I am doing.

- A. I feel cut off from other people.
- B. I feel neither close to nor cut off from other people.
- C. I feel close to friends and family members.
- D. I feel close to most people, even if I do not know them well.
- E. I feel close to everyone in the world.

- A. By objective standards, I do poorly.
- B. By objective standards, I do neither well nor poorly.
- C. By objective standards, I do rather well.
- D. By objective standards, I do quite well.
- E. By objective standards, I do amazingly well.

- A. I am ashamed of myself.
- B. I am not ashamed of myself.
- C. I am proud of myself.
- D. I am very proud of myself.
- E. I am extraordinarily proud of myself.

- A. In the grand scheme of things, my existence may hurt the world.
- B. My existence neither helps nor hurts the world.
- C. My existence has a small but positive effect on the world.
- D. My existence makes the world a better place.
- E. My existence has a lasting, large, and positive impact on the world.

- A. I do not do most things very well.
- B. I do okay at most things I am doing.
- C. I do well at some things I am doing.
- D. I do well at most things I am doing.
- E. I do really well at whatever I am doing.

- A. I have little or no enthusiasm.
- B. My enthusiasm level is neither high nor low.
- C. I have a good amount of enthusiasm.
- D. I feel enthusiastic doing almost everything.
- E. I have so much enthusiasm that I feel I can do most anything.

- A. I am pessimistic about the future.
- B. I am neither optimistic nor pessimistic about the future.
- C. I feel somewhat optimistic about the future.
- D. I feel quite optimistic about the future.
- E. I feel extraordinarily optimistic about the future.

- A. I have accomplished little in life.
- B. I have accomplished no more in life than most people.
- C. I have accomplished somewhat more in life than most people.
- D. I have accomplished more in life than most people.
- E. I have accomplished a great deal more in my life than most people.

- A. I am unhappy with myself.
- B. I am neither happy nor unhappy with myself--I am neutral.
- C. I am happy with myself.
- D. I am very happy with myself.
- E. I could not be any happier with myself.

- A. I spend all of my time doing things that are unimportant.
- B. I spend a lot of time doing things that are neither important nor unimportant.
- C. I spend some of my time every day doing things that are important.
- D. I spend most of my time every day doing things that are important.
- E. I spend practically every moment every day doing things that are important.

- A. If I were keeping score in life, I would be behind.
- B. If I were keeping score in life, I would be about even.
- C. If I were keeping score in life, I would be somewhat ahead.
- D. If I were keeping score in life, I would be ahead.
- E. If I were keeping score in life, I would be far ahead.

- A. I experience more pain than pleasure.
- B. I experience pain and pleasure in equal measure.
- C. I experience more pleasure than pain.
- D. I experience much more pleasure than pain.
- E. My life is filled with pleasure.

- A. My life is a bad one.
- B. My life is an OK one.
- C. My life is a good one.
- D. My life is a very good one.
- E. My life is a wonderful one.

Totals: A _____ B _____ C _____ D _____ E _____