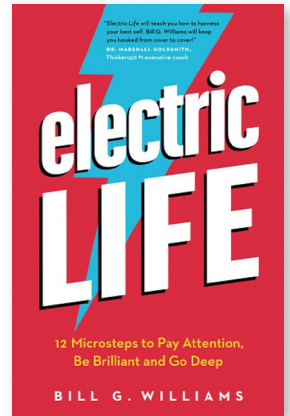


Electric Life

12 Microsteps to Pay Attention, Be Brilliant and Go Deep

by **Bill G. Williams**



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THE SUMMARY IN BRIEF

“Where do some people get their energy from?” If you’ve ever asked this question while looking at some people who light up every room they walk in, effortlessly spread their positivity, perform every task with immense enthusiasm, and carry tons of energy – this book unlocks the perfect answer.

The book *Electric Life: 12 Microsteps to Pay Attention, Be Brilliant and Go Deep* unlocks ultra-effective, but super-simple steps to help you tap into your reservoir of energy to reach your full potential.

By blending personal anecdotes with research-backed insights and tips, Author Bill G. Williams helps you nurture a growth mindset, create your own luck, celebrate your mistakes, and bring value to your every life, work, and community.

IN THIS SUMMARY, YOU WILL LEARN:

- Ask the right questions about yourself and build a growth mindset.
- Why you should make “mis-takes” and celebrate them.
- How to intentionally create your own luck.
- How to pay attention, be brilliant, and go deep.

Introduction

In this book, I'm giving you twelve tiny steps forward. I'm calling them microsteps because they aren't huge life changes that will require hours of your time to master. Not one of these microsteps is particularly difficult. I want you to gain energy, not lose it in the process!

To find that energy, we need to pay attention, be brilliant, and go deep. This book is about you, and what choices you can make based on knowing where your energy balance lies right now. It's about who you are, and the disconnect between that person and the person you want to be.

In the pages ahead, we will talk about our energy burning out, versus having the energy to go and do what we want to do now. We absolutely can create enough energy working so that we feel good every day, and so we have the energy to go and play after work. In fact, you can leave work feeling like you have more energy than you arrived with!

Part 1: Pay Attention

Chapter 1: Find Your Hurricane

Many of us have heard the legend that, engineering-wise, if you consider the weight of a bumblebee in comparison to the size of its wings, it should be impossible for that bumblebee to fly. But the fact is that bumblebees' wings are almost magic.

When bees fly, their wings flap in a rotating pattern known as the dynamic stall. This pattern creates a little gap in the air-flow around them, lowering the air pressure. In that air pressure gap, bumblebees' wings operate at the perfect ratio to their bodies' shapes and sizes. So, bumblebees are, in effect, tiny little hurricanes. They bring the energy of a hurricane to every single flower they touch. All they have to do is show up! Just like bumblebees, we all have our own hurricanes.

Keep a list of all your accomplishments – a done list! In the corporate world, a company can only pay for your body to show up. Your job is to show up and be ready to work on time and to accomplish your tasks. Always have your resume on your desktop and always keep it up-to-date. Volunteer your ideas and be honest while doing it. Maintain a growth mindset. Ask questions and diversify your thoughts. Finally, remember why you're passionate about your job!

Chapter 2: Choose Your Balloon

Human beings tend to interpret events as either good luck

or bad luck. Often, we do this unconsciously. When we interpret events as good luck, we're usually happy about an outcome. When something bad happens, we think of it as bad luck. But there isn't any luck. Not really. There's just us, and how we perceive, use, and represent what we experience in the world, and even who we are. Good luck or bad luck – always question which it is you're experiencing and seek the other perspective.

Use your superhero power by being curious! Find out what events, workplaces, or social groups made you feel the most engaged and valued for your contributions. Detect who is in control of the conversations where you feel seen and heard.

Ask yourself, "How can I rethink my environment, even in the smallest way, so that I feel more alive and energized? What are the things I want to add to my life, to have an impact, and to change my balloon? What are the things I want to remove from my life so that they don't change my balloon? How can I get one percent more comfortable in my role at work?"

Chapter 3: "FINE" is Not a Feeling

The worst part of not knowing what we're really feeling is that the only lies for which we are truly punished are those we tell ourselves. So, before you can show up, you must know yourself. Check in with yourself and find out how you're feeling. Feeling just fine, or just neutral, about what's going on around you is, I believe, a form of lying to yourself. It's risking putting yourself into a mindset where you're not allowing yourself to see the whole picture of who you are.

People who understand and perceive their own emotions are better at understanding other people's body language, tone of voice, and facial expressions. Through emotional intelligence, we can build a greater ability to understand ourselves and other people. We can do this through the practice of empathy. In fact, when we feel empathy for others, we learn faster. It's a mindset neuroscientists call prosociality. We can learn emotional intelligence from the inside out through three simple choices:

- Choice 1: Thumbs up or thumbs down? There's a fine line between a thumbs-up "fine" and a thumbs-down "fine." Ask yourself: am I okay? Am I good? Choose one: thumbs up or thumbs down to know what you're authentically feeling right now.
- Choice 2: How Much? Ask yourself: how much of a thumbs-up or -down am I sensing in my body right now?

- Choice 3: What's the impact? Ask yourself: What's the effect that you're having on other people when you're feeling like this? Being aware of the impact of your feelings is the best way to create energetic potential.

Finally, ask yourself: Why are you choosing to feel your feelings? Can you choose to feel a different way? Focus on what makes you feel the way you want to feel.

Part 2: Be Brilliant

Chapter 4: Plug In

Your energy can be converted to different forms, but it can't be created or destroyed. When we're not using our energy, it's still right there, in potential form. We can do anything with our energy.

Decide what your desired results are – both at work and in life. Find out what breathes life into you at work. Tapping into your potential energy starts with plugging in. Whenever you go, connect to your energy source and recharge.

Give the energy you want to receive. Do you remember why you got into the industry you're in right now? There are always reasons to be passionate about what you do. Ask yourself: why is my work so important to me?

We gain energy when we're honest, transparent, and truthful – when we give something in exchange for others' energy, no matter how small it may be. So, if there are still reasons for you to be passionate about your work, start there. Remember these reasons, practice them, and put energy into them.

Chapter 5: Be Self-ful

Self-recognition is the beauty of allowing yourself to imagine what's possible and fully move into a growth mindset that you have the capacity to build because it inspires you to show up. Don't think of noticing yourself, and, indeed, putting yourself first, as selfish. In fact, it's critical to your own life to be self-ful (not selfish). When you're happy with your life choices, you're involved. And involvement breeds commitment! You'll be passionate about clocking in every moment. So, take care of yourself and put your own oxygen mask first before you start helping others. Write down, in detail, which activities that you choose for yourself give you the most energy.

Get a good night's sleep, know how your body works best, and stay hydrated. When you take some downtime, sleep,

look at your nutrition and nourishment, and remember to check in with how your body is coping with everyday stresses, you naturally feel better.

When your body and mind perform optimally, you get the energy to challenge yourself and gauge the kind of energy you're leaving in the room so you can constantly learn from yourself and get better every step of the way.

Chapter 6: Power Your Curiosity

When a person is in an environment or culture that doesn't recognize and reward them for their contribution, they will disengage. This is why it's critical for you to intentionally choose to only become a part of work cultures where you can be engaged. Know what you want and be honest, transparent, and truthful about it.

Reward your desired behavior. Neuroscience shows us that most of what we do is influenced and controlled by the subconscious mind. We live on a kind of autopilot, which is both a good thing and a challenging thing. Autonomous processes are running in the background, and they help us navigate the repetitive parts of life (like making phone calls or driving a car). Our familiar choices are made repeatedly, and they become legacy patterns. Often, these patterns extend to our personality and other life characteristics. Genetic memory, collective frequencies of others around us, and personal habits become repeated and ingrained.

To gain energy, we must dial up a superhuman power of curiosity. We mustn't hesitate to ask questions and be curious. Our curiosity can refine what we want to do and where we need to make energy-giving changes. So, ask yourself: what am I doing out of habit? Do I really like doing it? Do I feel vulnerable to constant critique from others or from myself? Am I feeling managed, rather than led? What might I do differently? How would it feel to try on a different approach?

Chapter 7: Celebrate Mis-takes

Mis-takes, not mistakes, are new chances and opportunities for learning, in however many takes you need. Kids, for example, will take a chance on almost anything. They are energy personified. As adults, we know that if we lose this sense of fun, and if we're not prepared to be wrong, we'll never come up with anything original, innovative, or groundbreaking.

So make mis-takes. Discover, by listening and thinking creatively, new and better ways of doing what you've always done. Remember: all of what makes us human has to come to

work. All of what makes us human has to come home as well. All of what makes us human is perfect in its imperfection.

Chapter 8: Practice Pausitivity

Pausitivity is the art of pausing, observing, and taking it all in. It enables us to be grateful for what we have. Pausitivity is our chance to conserve our energy for a moment. In fact, reflection, according to experts, gets us one step closer to realizing our passions at work. Discover your truth and say it. Own it. Take a pause and observe, whenever you want to, to make things better. Neurological research shows that active self-reflection, where you take the time to reflect on who you are and what matters to you, allows people to build connections between old and new ideas. At work, this kind of mindful approach can directly improve performance on the job. Focus on what you know. This could include your life experiences and what you've achieved and experienced in the past. Remember, if you could do it then, you can do it now.

Part 3: Go Deep

Chapter 9: Show Me You

It is important to see people and notice the things around them that may be important. Communication is about being understood in the way that we intend to express ourselves. Employers, now more than ever, are requiring potential employees to converse with clarity. Communication skills are the cornerstone of effective problem-solving and are useful in both personal and professional settings.

Find what's special about the people you work with. Let them know what you value. Create a safe space for people. Have zero judgment about them. Start turning outward and invite a deep witnessing and presence with others. If we can start turning outward and invite deep witnessing and presence with each other, we can create more mutual security, more innovation, and more peak experiences. All in all, we can create more happiness.

Chapter 10: Live Giving

What if we can give gifts as our authentic, true selves and not our manipulative, forced selves? Why? Because giving feels good. And when you give, don't expect anything in return. By gifts, I don't mean giving birthday presents. Instead, giving, according to me, is being able to create positive, life-giving energy between two people. Don't just give a present. Be present. And give because it feels good to give without expecting anything in return.

Chapter 11: See the Back Row

Deep listening and leaning into a conversation are two important elements of being able to gain clarity. Connecting with people feels like home. It energizes us because we find the link between our stories and our spirits. There's a shared foundation between those of us with entirely different lived experiences, that comes to the forefront and makes our next steps together easier to navigate. If you don't have all the lights on in the room, you can't see the back row; the same goes for the front row. And the same goes for you, yourself. Let's all avoid RJF (resting jerk face) if we can. Listen, ask questions, clarify, and then respond. Find hidden voices and stories, and in them, a source for new meaning.

Chapter 12: Cross the River

We are constantly in a state of confluence with those around us. Confluence is about realizing what intrinsically motivates us, paying attention to what intrinsically motivates other people, and going with that flow. But sometimes, it is not about other people at all. Sure, we are constantly in a state of confluence with those we meet. We can add to others' energy with our commitment, knowledge, and joy. We can also bring our muddy waters and dampen their enthusiasm and add to their fears, as they can do for us. And then we might start to think: Are other people stealing our energy? Maybe! If the waters are always muddy, that feels like a problem. So, retain your power and don't carry someone else's burden. Keep your river clean, while purifying others' and always self-acknowledge your growth.

Conclusion

We have the ability to use our potential energy and translate it into self-ful action. I want you to leave work with energy, so that you can live this one precious life beautifully, floating in your own personal hurricane. And if there aren't still reasons to be passionate about what you're doing every day, then something has to change. Remember: your energy can be converted to different forms, but it can't be created or destroyed. I've given you twelve tiny steps forward. Start by taking one. Show up!



He's called "Electric Bill" for a reason. **Bill G. Williams** is on a mission to shock us out of our static daily routines. He is known for his unique brand of electrified methodologies for the workplace, and is now offering them to you in this book. Bill caters his solution-based strategies to individuals and corporations in the private, public, and not-for-profit sectors. This is Bill's first book. Tap into his energy; it's positively electric.

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