



Twitter HashTag
#999

Good Energy Day

09/09/09 @ 9:09:09 am

Albany State University

"Potential Realized"

Registration Pack

[Http://www.GoodEnergyMovement.com](http://www.GoodEnergyMovement.com)

**Twitter HashTag:
#999**

What does it mean to have Good Energy?

At Albany State University, we believe in realizing potential.

We do this on a daily basis with our students. On Sept. 9, 2009 (09-09-09), we'll also realize the potential of all humans to care about each another through Good Energy Day.

So what is "good energy" anyway? Some describe "good energy" as a general joy and generosity toward other people.

Others describe it as a spiritual awareness of the benevolence in all people.

One thing is for certain, all people are connected.

How well we relate to each other and work together determine our "good energy." The more we're aware of "good energy," the more we can promote and encourage it.

At Albany State University, we're ready to break free from the daily grind and step into a new day.

We want to promote good energy – that force that runs through all of us connecting us to each and to our planet. It's that love that all people share and express through kindness, generosity and love of our neighbors.

It's the love we demonstrate through choosing renewable fuel sources, obtaining clean drinking water for all and making sure the earth is a home for generations to come. Good energy is about respect, conservation, innovation, sharing and caring.

Good Energy Day will be the day to celebrate the perseverance and kindness of the human spirit. It will be a time to share smiles and laughs, common interests and dreams at a place where potential is realized daily.

So join with us hand-in-hand as we take a new look at what it means to be human and what it means to have good energy.

From the "Good Energy" Team

"We're going to have a Great Day!"

Good Energy Day Agenda

Opening Ceremony

Welcome

1 Minute of Good Energy

What just Happened? Word of Mouth Marketing Worked!

Overview of Day's presenters: David Bullock, Mark L. Fox, Ben Mack

Barak 2.0

How President Obama Leveraged Social Media &

How to Use Social Media Tools for Your Business and Your Life.

Presenter: David Bullock

Word of Mouth Marketing

How to Leverage Word-Of-Mouth Marketing &

How to Inspire the Human Spirit to Promote Respect, Conservation, Innovation, Sharing & Caring

Presenter: Mark L. Fox

Lunch

Masterminding: Part I - Value Creation

Understanding Masterminding: How to Organize Getting More Done, In Less Time, With Fewer People Helping

Presenter: Ben Mack

Masterminding: Part II - Value Migration

Discover the Easiest Way to Pick Winning Ideas As A Team, And Get the Buy-In To Keep Your Team Moving

Presenter: Ben Mack

Masterminding: Part III - Value Integration

Community Planning Session for GOOD ENERGY DAY 2.0 10/10/10

Facilitator: Ben Mack

There will also be a "Drive-In" movie at 8:30pm.



Print this page and fill out the name tag. We will give you a name tag holder when you check in for the event.

Check in at Peace Hall.

Google Maps: <http://budurl.com/xwcy>

[Albany State University Directions](#)



From Highway 75 North:

Take the US-82 exit- exit number 62- toward US- 319/Tifton/Moultrie. Turn left onto US-82 W/GA-520 W/Corridor Z. Continue to Follow US-82 W. Turn right onto ramp. Merge onto US-19 BR N/US- 82 BR W?GA-62 W. Turn left onto College Dr.

From Highway 75 South:

Merge onto GA-300 S/ Georgia Florida PKWY. Stay Straight to go onto GA-62 W/Cordele RD. Continue to follow GA-62 W. Turn left onto College Dr.

From US-319:

Turn right onto US-319 BR/ E Jackson St./GA-35 BR. Continue to follow US-319 BR/GA-35 BR. Turn left onto US-19 N./US-84 W/GA-3 N. Continue to follow US-19 N. Merge onto GA-133 N. toward Albany. Turn right onto GA 133/Radium Springs RD/Billy Langdale PKWY. Turn slight left onto College Dr.

From GA-45/GA-520:

Continue to follow GA-520 E. Stay straight to go onto ramp. Merge onto US-82 E. US-82 E becomes US-19 S/GA-3 S. Take the US-82 W/US-19-BR N/Oglethorpe BLVD./GA-520-BR W ramp toward downtown. Merge onto US-19 BR N/US-82 W/GA-62 W. Turn left onto College Dr.

FROM LOCAL AIRPORT

Turn left onto Newton Rd/GA-62/GA-91. Continue to follow Newton Rd./GA-91. Turn right onto GA-234/W Oakridge Dr. Turn left onto GA-133/Radium Springs Rd/Billy Langdale PKWY. Turn slight left onto College Dr.

Here's what a few folks are saying about "Good Energy Day"

Muriel | Posted Jul 07, 2009 09:56 AM

I am looking forward to experiencing Good Energy Day on 9/9/09. Just the thought of the words "Good Energy Day" radiates a warm feeling on the inside. Now that's good energy!

Nyota Tucker | Posted Jul 07, 2009 10:59 AM

Good Energy produces Good Energy! Come and add to the good energy generated by the students, faculty and staff at Albany State University (Albany, Georgia) as we celebrate the human spirit and the good that comes from living in harmony with each other and the planet. Join us via social networking or stop by the campus on 09/09/09, Good Energy Day Kick Off. Repeat Celebrations on 10/10/10, 11/11/11 and 12/12/12. Join us! It will be electric!

Tarrah Mirus | Posted Aug 11, 2009 12:05 PM

You can join the movement and become one of the "Good Ones." Go to www.goodenergymovement.com and join up.

Clifford Porter | Posted Aug 16, 2009 10:20 AM

Imagine a campus, a community, or a world, where people concentrate on developing positive relationships and building good energy between each other. Albany State can exemplify yet another example of Potential. Realized, as we have the potential to be the number one campus for good energy in the world. If students, faculty, and staff make an effort to change the campus culture for the better, we can harness our Ram Power and turn it into Good Energy!

The Prime Directive

Good Energy Day is about ordinary Good People of Earth doing extraordinary things in their own lives.

It's about

- **Love**
- **Peace**
- **Happiness**
- **Well-Being**
- **Creativity**
- **Freedom**
- **Gratitude**

It's about you and your inner greatness and simply allowing it to show in your every day life.

So how can you do an ordinary thing like live your life in a great and grand way?

Remember, there is not a thing too small, that it can't be done in a great way.

- **Smile at everyone**
- **Express Love for everyone**
- **Be easy with yourself and others**
- **Approach life with a childlike wonderment**

- **Know that you are perfect manifestation of love and harmony**
- **Know that you are powerfully creative in your ability to shape your world.**
- **And for crying out loud turn off the media pipeline into your life and take back your mind. In other words, turn off the TV!**

Reclaim these brain cycles and fill them with Good Energy and allow yourself to take action on the inspired thoughts that come to you.

100 Ways to Create and Celebrate "Good Energy Day" in Your World

100. Share a SMILE!
99. Introduce yourself to someone new.
98. Send a "thank you" text to your mom, dad, grand mom, etc.
97. Volunteer.
96. Post a positive message on Facebook.
95. Tell someone you admire how much they inspire you.
94. Inspire someone.
93. Recycle.
92. Don't litter.
91. Attend a "Mastermind" session.
90. Share what you learned at the Mastermind session.
89. Read to a child.
88. Exercise your heart.
87. Exercise your mind.
86. Be patient.
85. Be kind.
84. Assume the best.
83. Walk in someone else's shoes.
82. Find your voice.
81. Express yourself.
80. Sing.

79. Dance.
78. Praise someone.
77. Forgive someone.
76. Forgive yourself.
75. Forget the hurt.
74. Apologize.
73. Give back.
72. Pay it forward.
71. Be a friend.
70. Lend a hand instead of pointing a finger.
69. Be creative.
68. Accentuate the positive.
67. Dream.
66. Take the first step towards reaching your goals.
65. Keep a promise.
64. Do a good deed.
63. Call an old friend.
62. Make a new friend.
61. Say something encouraging to someone younger than you.
60. Thank someone older than you.
59. Say something encouraging to someone older than you.
58. Thank someone younger than you.
57. Meditate.
56. Plant a seed.
55. Take the high road.
54. Respect others.
53. Respect yourself.
52. Think.
51. Be courteous.
50. Love somebody.
49. Love yourself.
48. Protect the planet.
47. Give to those in need.
46. Laugh out loud.
45. Do something for someone else.
44. Play.
43. Rediscover a hobby you once had.
42. Reflect on your day, and plan on making tomorrow better.
41. Move towards your goals, expecting the best.
40. Remember that it takes two to reconcile.
39. Be happy when others find success.
38. Strive for progress, not perfection.
37. Laugh with a friend.
36. Let your style and confidence shine for the world.
35. Forget how to complain, keep your day positive.
34. Go the extra mile.

33. Write a poem, a letter, a pick-me-up note.
32. Get in there and help; don't stay on the side lines.
31. Hope.
30. Take a walk, fly a kite—do something that you love.
29. Smell the flowers, listen to a song—engage your senses.
28. Celebrate your victories.
27. Listen to and communicate with someone whom you disagree.
26. Convert “impossible” into “I’m possible”.
25. Recharge.
24. Relax.
23. Enjoy the moment.
22. Count your blessings.
21. Be part of the solution.
20. Live in harmony with the planet.
19. Practice the 10 Commandments.
18. Learn something new.
17. Never give up.
16. Reinvent yourself.
15. Imagine the possibilities.
14. Be happy!
13. Look for the good in others.
12. Try something new.
11. Consider the other view point.
10. Rediscover your child-like wonder.
9. Shine from the inside out.
8. Flaunt your goodness.
7. Engage in random acts of kindness.
6. Live simply so others may simply live.
5. Believe...in yourself....in others....in the future.
4. Slay your fears.
3. Radiate your “YES!” attitude.
2. Take a deep breath and enjoy the day.

1. Potential.Realized!

**Add yours to the ever growing list of ways to create
Good Energy here:**

<http://budurl.com/GEDPledge>

What can I do to help create Good Energy?

1. Sign up for email alert and Good Energy Resources at <http://www.GoodEnergyMovement.com>
2. Get a Twitter account. If you are the first in your area to proclaim that you are creator of good energy, go get an account on Twitter (<http://www.Twitter.com>) under the name of:

GoodEnergyXX (where the XX is the abbreviation for your state or area of the world.

You may also claim the 01,02,03 versions of the name or whatever version of GoodEnergy_____you can create. Get creative!

3. Tweet up a storm about Good Energy and Good Energy Day using the hashtag #goodenergy

Just include the text #goodenergy in your Twitter posts. It helps people find us.

ReTweet other GoodEnergy leaders Tweets.

3. Join the Facebook group **GOOD ENERGY DAY 09/09/09** and post everything you can find about Good Energy. (<http://www.FaceBook.com>)

The Greatest thing you can do to promote and foster good energy is go out in your world and create it!

Here are some easy fun ways to create your own Good Energy Movement:

Create a Good Energy Mastermind Group.

Dedicate at least 1 hour a week to talking to at least two other people via regularly scheduled mastermind group about how to make the world a better place through the active spreading of Good Energy in all of it's forms.

Create R.A.G.E. (Random Acts of Good Energy) in my life on a daily basis.

Say "I love you" to one more person today than you did yesterday.

Say "Thank you" to one more person today than you did yesterday.

Smile.

Feel Gratitude for as many things in your life as you can.

Meditate on everything good in your life.

Embrace a future that is filled with possibility..."Potential Realized!"

Recognize that the Good Energy Movement is not just observing and recognizing Good Energy but actively creating it in your life.

Good Energy Movement Resources

Create Good Energy
The Good Energy Movement
[Http://www.GoodEnergyMovement.com](http://www.GoodEnergyMovement.com)

Clean water for all is Good Energy.

The President of Albany State University's blog on #999
<http://budurl.com/5uhb>

The Good Energy Pledge page:
<http://budurl.com/GEDPledge>

Karen Kay's Good Energy page
<http://budurl.com/8e5y>

Clear your mind
Dr Joe Vitale – Zero limits and the ancient Hawaiian practice of Ho'oponopono
<http://www.ZeroLimits.com>

Get in a Mastermind Group
Kim Burney Masterminds
<http://www.believinginmiracles.com/html/mastermind.html>

Create more Love in your life
Harmonic Thought – Love Energy Routine
<http://www.HarmonicThought.com>

Wage Peace
The Global Peace Project
<http://www.GlobalPeaceProject.com>

Please forward this document to everyone. Please help us spread Good Energy throughout our world! Now.