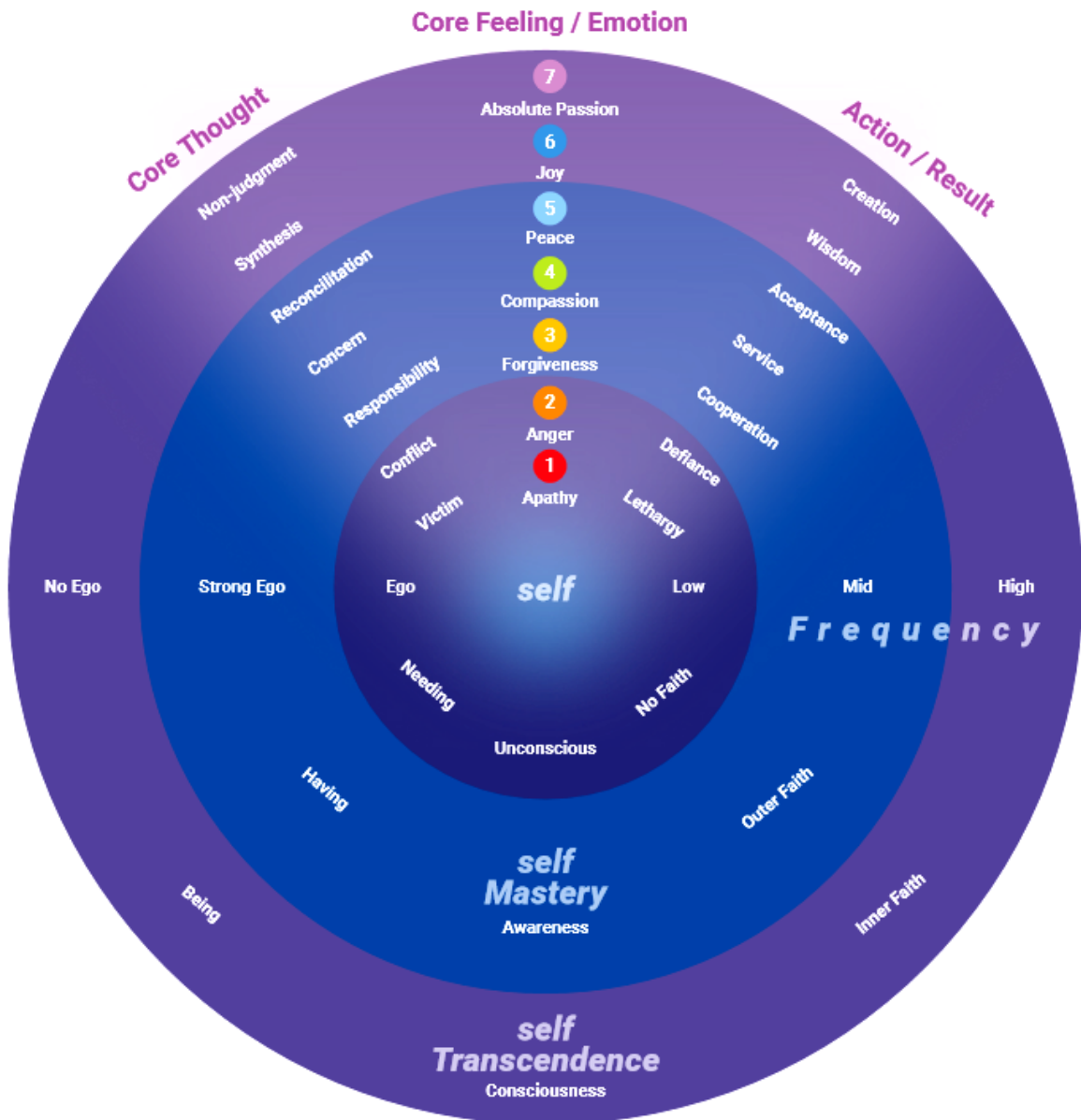


Energetic Self Perception



Reading the Energetic Self Perception Chart

Making the intangible understandable

The Energetic Self-Perception Chart is powerful because it takes something as intangible as "perception" and makes it concrete. The way we see the world is based on our perceptions and level of consciousness. This model describes the seven levels of energy.

The chart has seven levels with one being in the center and seven being at the top. Levels 1 and 2 are catabolic and associated with high levels of judgment, fear, and stress. Levels 3-7 are anabolic. The less stress you bring to a situation, the higher you are on the scale. Think of it as a continuum where Level 1 is the lowest level of consciousness and Level 7 is the highest level of consciousness.

You will also notice three columns listed... The Core Thought, Core Emotion, and Action/Result. Every emotion and thought you experience can be associated with one of these levels, as can the behaviors connected to those emotions and thoughts.

For example: If you look at a situation through the Level 2 lens of conflict, you may feel anger, resentment, or frustration. When looking through a Level 2 lens, your thoughts and emotions are based on the perception that conflict exists, which might lead to an argument, resistance, or getting things done by force, all characteristics of Level 2 energy.

All 7 levels of energy are present in everyone in different combinations. Everyone has a mix of different energies, and the different levels show up in different situations. By understanding the Energetic Self-Perception Chart and the Seven Levels, you can become aware of how the different energies show up in yourself and in others.

Wondering what levels you default to?

Take the Energy Leadership Index Assessment today!

What is the energy Leadership Index? Learn more on the next page.

The Energy Leadership Index Assessment

You've probably taken at least one personality test before, right?

Maybe the Myers Briggs, DiSC, or Enneagram, to name a few of the well-known tests. They can be useful, to be sure.

If you crave a radical change in your work and your life, you need something more. It's time for an attitudinal assessment.

Enter: The Energy Leadership™ Index (ELI) assessment.

It's a proprietary, research-backed assessment tool that takes something abstract - like the way a person views the world, and turns it into something tangible—a metric that you can see and feel and even reevaluate in the future.

The ELI captures how you currently perceive and approach work and life, so that with the awareness and insights gained through the Energy Leadership Index debrief, you have the opportunity to reshape your attitudes and worldview to truly “transform who you are.”

The big WHY behind the ELI is so that, through a full understanding of the way you view the world, you can more effectively:

- Approach problems
- Engage with others
- Reach greater levels of fulfillment

Combined with the personally-tailored Energy Leadership Index debrief, the ELI assessment can help you look closely at where (and how) you're investing your energy.

This will empower you to make a plan and adjust your priorities in support of your work and life goals.

The best part is it's quick & simple to take the assessment – just 20 mins of your time.

Isn't it time you worked – and lived – to your full potential?

[**Learn More**](#)