

Personal Energy

Personal energy is divided into three main sections: mental, emotional, physical. How much total energy you have in each of these areas is finite; short - and long - term unless you replenish regularly. What most people don't recognize or sometimes realize is how you view your world. Your attitude drives the energy to be more or less negative or positive in nature. So if our attitude is filled with more negative thoughts, we fill up each of our energy vessels with negative energy, which makes us feel more negative, and then we act negatively.

The first step in changing the way in which you replenish your energy is to acknowledge what kind of energy you lead with each day. There is a spectrum of energy levels that range from 1-7, each with its own core thoughts, feelings, and actions.

Instructions:

Step 1: Review the Energy Leadership Table found [here](#).

Step 2: Using the table as a reference, answer the questions below. Feel free to take up as much space as you need. List specific thoughts, feelings, and behaviors for each question, as you will use that information in the next activity. ***Hint:** If you're having difficulty answering, go to the Core Feelings column and ask yourself, "In what situation/where/with whom do I feel ____?"*

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Name		Date	
Energy Level	How does this manifest at work?	What is at cost because of this energy level?	What is gained because of this energy level?
1			
2			
3			
4			
5			
6			
7			