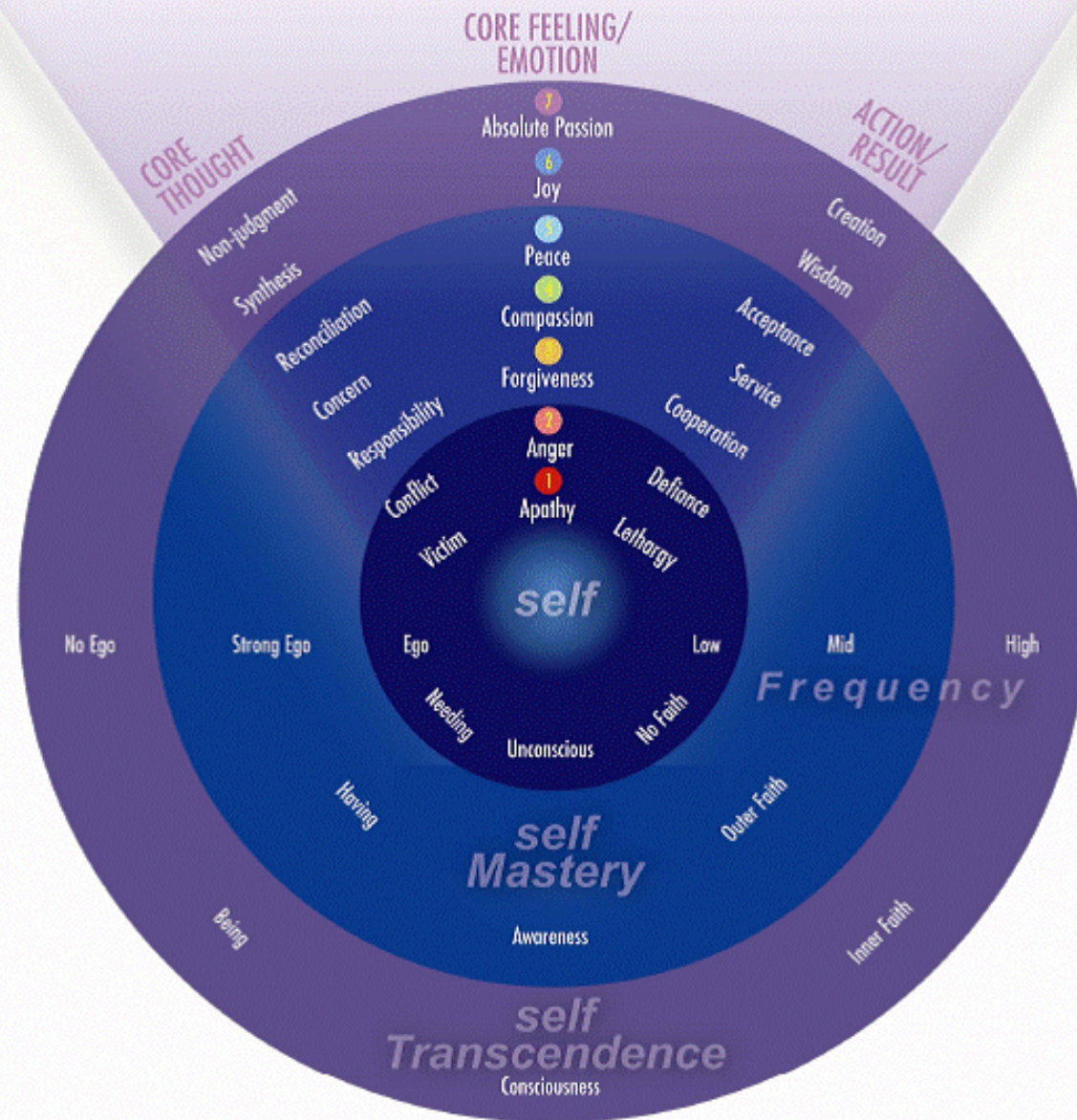


Energetic Self Perception



7 Levels of Energy Leadership

Energy Level 1

This lowest level of energy is catabolic. Here you are a victim to (at the effect of) certain events, thoughts, beliefs, emotions, and perceptions that hold you back from success. This level includes thoughts and feelings of guilt, fear, worry, self-doubt, and low self-esteem. People feel as though they have a lack of choice or options. Individuals feel trapped by certain circumstances or believe that they are, in some way, at the effect of what happens around them. Can result in avoidance of situations or difficult issues, and also, trouble making decisions because you feel helpless to make a difference. Emotionally, Level 1 energy feels bad, and the amount of desire, engagement, and action for life, is very low, accordingly. The prevailing frame of reference at Level 1 is "I lose" or "I am losing."

Energy Level 2

This level is also catabolic. It is the predominant energy not only in the workplace, but in life, in general. Characterized by conflict, with the core emotion being anger. This energy contains thinking of antagonism, struggle, resistance, frustration, and defiance. Everything tends to be viewed as black or white, right or wrong, good or bad. These judgments result in limited options, as the full scope of available possibilities is not apparent. People typically come from a win/lose frame of reference. Many leaders have Level 2 energy, they often manage by force, control, or coercion. They can get caught up in focusing on "what's wrong," "what's broken," and "who [or what] is to blame."

Energy Level 3

This level is the first level of anabolic energy. People take responsibility for their thoughts, emotions, and actions, and know that what they think and feel is up to them, not others. The focus is on winning, through achieving your goals and meeting your own agenda. The intention of Level 3 is "I win, and hopefully you win, too." People are masters at rationalization. They will motivate themselves and others by finding ways to cope, release, forgive, tolerate, compromise, and explain away resentment, stress, disappointments, and other burdens in order to encourage cooperation and productivity.

Energy Level 4

This energy is moderately anabolic, and its core thought is concern for others. It is the level of caring, giving, supporting, and helping. Looks and feels very selfless, since the focus of these actions is to work and achieve so others win and succeed. People take little or nothing personally, as they are more able to see things objectively. Perspective is "You win," since being of service to others supersedes the need to do for themselves. Leaders with Level 4 energy have a great deal of compassion for others and are inspired, and inspire those around them, to serve others. They often foster collaboration, teamwork, and loyalty.

Energy Level 5

This moderate-to-high anabolic energy is found in the greatest leaders in all walks of life. Highly conscious, wide-ranging view of situations and, thus, have many choices available to them. Reconciles good and bad, and right and wrong so that nothing is judged one way or the other. People begin to see everything as an opportunity but they are genuinely as excited by the things that do not go as planned as by the things that do. The core thought is on reconciling, or accepting, differences, rather than identifying and focusing upon trying to change them. The intention is "We all win or no one wins." Leaders with Level 5 energy are calm, powerful, entrepreneurial-minded, confident, and feel a sense of inner peace and fulfillment. They are in control of their lives and live with the belief that they can and do choose their life experience.

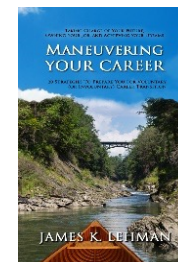
Energy Level 6

This high-to-very high anabolic energy is associated with the core thought of synthesis, which is the blending away of the illusion of individuality and instead, the ability to see the whole. Intuition comes alive. Creative geniuses, visionaries, and brilliant and conscious leaders, tap into this level of energy and use it to create new and exciting innovations and variations for everyone's benefit. There is a sense of connection with everyone and everything. This leads to a "We always win" perspective. All that happens has purpose and value, and by taking a long instead of short view of life and its circumstances, a purpose can be found in everything that happens. Brings a permanent sense of pleasure, satisfaction, and joy.

Energy Level 7

This is the highest level of anabolic energy, which is characterized by completely objective thinking, non-judgment, and fearlessness. Leaders are capable of viewing their world and their organizations with complete objectivity. It is understood that "Winning and losing are illusions"; they are terms that humans created to help us play the game of life by the rules we also created. No human resonates completely at this level, but with practice, everyone can learn to access it. People who tap into this level of energy are the most powerful people in the world. They consciously co-create their life experience and are participants and observers at the same time.

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