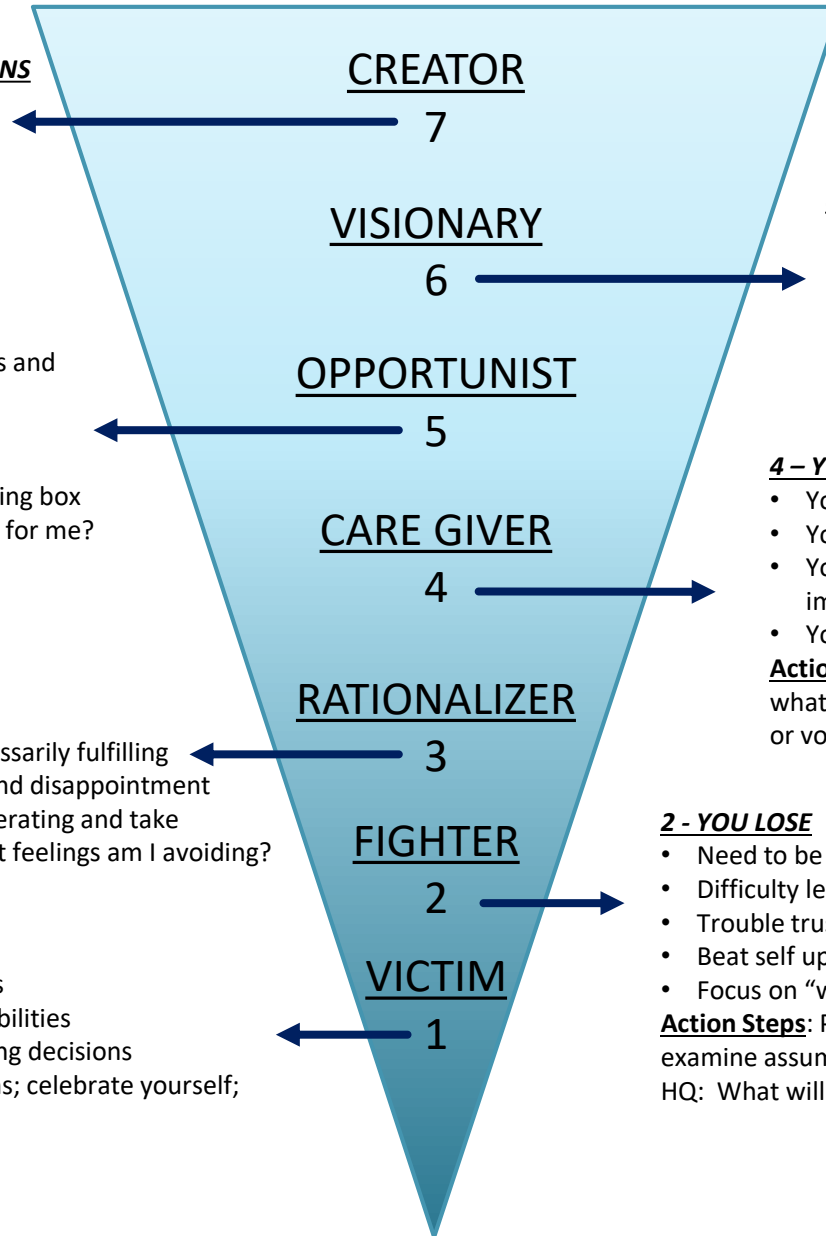


# Seven Levels of Energy



## **7 – WINNING AND LOSING ARE ILLUSIONS**

- Non-judging
- Fearless
- Feel connection to higher power

## **CREATOR**

7

## **VISIONARY**

6

## **OPPORTUNIST**

5

## **CARE GIVER**

4

## **RATIONALIZER**

3

## **FIGHTER**

2

## **VICTIM**

1

## **6 – EVERYONE ALWAYS WINS**

- Feel and connect without judgment
- Intuition is alive
- See mistakes as exciting learning opportunities
- Experience deep sense of joy, acceptance and satisfaction

## **4 – YOU WIN**

- You foster collaboration, teamwork & loyalty
- You are inspired and inspire others around you
- You truly care for and help people & causes important to you
- You are good at taking care of yourself

**Action Steps:** Healthy selfishness—What do I want, what do I need? HQ: Do I have the time/energy to help or volunteer?

## **2 - YOU LOSE**

- Need to be right
- Difficulty letting go of anger
- Trouble trusting self and others
- Beat self up
- Focus on “what’s wrong” & “who to blame”

**Action Steps:** Practice taking responsibility for feelings and thoughts; examine assumptions, interpretations and limiting beliefs; HQ: What will it take for me to let go of some of this frustration?

## **5 – WE WIN**

- See everything as opportunity
- Feel power and choice over feelings and life experiences
- Curious, powerful and confident
- Brave and take risks

**Action Step:** Keep identifying and making box 3 moves; HQ: What’s the lesson in this for me?

## **3 - I WIN**

- Effectively manage self and others
- Tolerate some things in life
- Life is “good enough,” but not necessarily fulfilling
- Explain away resentments, stress and disappointment

**Action Steps:** Notice what you are tolerating and take empowered forward action; HQ: What feelings am I avoiding?

## **1 - I LOSE**

- Judgmental, pessimistic, powerless
- Low self-esteem, lack of belief in abilities
- Avoid, procrastinate, trouble making decisions

**Action Steps:** Name it; notice gremlins; celebrate yourself; HQ: What do I need for this to work?