

7 Levels of ENERGY LEADERSHIP



LEVELS	CORE	ADDITIONAL	SOLUTION FINDING	MY CHOICE OF ENGAGEMENT
Level 7	Core Thought: Non-judgment Core Emotion: Absolute Passion Core Action/Result: Creation	"Winning and losing are an illusion." I AM Unconditional love, ecstasy Genius, focus on "every" and "no" thing (mental)	There are no such things as problems, solutions, winning or losing. Experiences in life are part of the game that is neither won nor lost...only played.	
Level 6	Core Thought: Synthesis Core Emotion: Joy Core Action/Result: Wisdom	"Everyone always wins." I am you. Fearless, oneness Ability to access intuition, focus on the whole (emotional)	Have the understanding that problems don't exist; there are only opportunities to observe and experience.	
Level 5	Core Thought: Opportunity Core Emotion: Peace Core Action/Result: Acceptance	"We both win." I understand you. Calm, confidence, positive Focus on the opportunities and what is right, little is taken personally (mental)	Dig into the problems and find the opportunity that is always there for all involved.	
Level 4	Core Thought: Concern Core Emotion: Compassion Core Action/Result: Service	"You win." I care, I need to fix it. Gratitude, love, caring Deep connection with and focus on others, helping vs. controlling (emotional)	Create a winning solution for others involved.	
Level 3	Core Thought: Responsibility Core Emotion: Forgiveness Core Action/Result: Cooperation	"I win, if you win, too, great." I forgive you. Relief, keep emotions in check Rationalizing, justification, tolerance, using coping mechanisms, focus on self (mental)	Face the problem or challenge, rationalize it, and find an easy solution or a mechanism to cope.	
Level 2	Core Thought: Conflict Core Emotion: Anger Core Action/Result: Defiance	"I win, you lose." Life is a struggle Resentment, anger, greed, blame Have success yet focus on problems, micro-managing (emotional)	Fight to win in a challenge or conflict, muscle your way through a victory, therefore, exhausted.	
Level 1	Core Thought: Powerless Core Emotion: Apathy Core Action/Result: Lethargy	"I lose." Why bother?" I'm overwhelmed. Guilt, self-doubt, worry, fear, embarrassment Low engagement, unproductive, avoid confrontation	Ignore/hide from problems and hope they go away. Resistance to engage.	