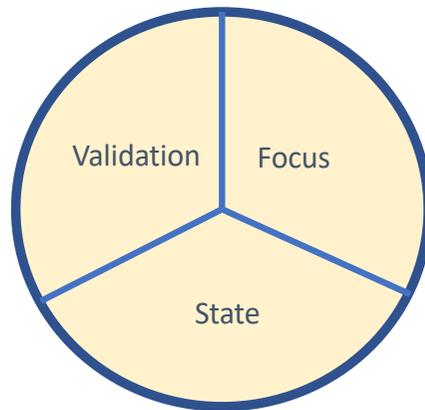




My energy profile:

Three lenses for assessing where I place my energy



Validation – where do I usually get my motivation, reward or self-worth from: is it inside or outside?

Focus – where do I normally focus my attention: is it on the present, past or future?

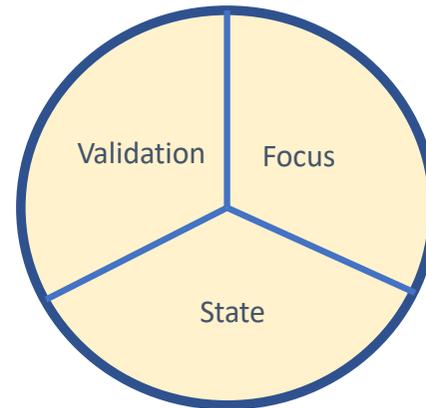
State – what state am I often in: reflecting and allowing my feelings to arise, or being busy and thinking too much?



My energy profile: Three lenses for assessing where I place my energy

Validation

- **Internal:** I am generally motivated, rewarded by or get my self-worth from an internal sense of what's important
- **External:** I often want to please others, or feel rewarded by achieving what others think is important



Focus

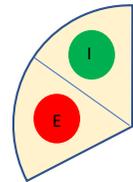
- **Now:** I tend to focus on the present as this is the only place where change can happen
- **Future/Past:** I tend to focus on the future which sometimes makes me anxious. Or I tend to focus on the past which can make me feel down

State*

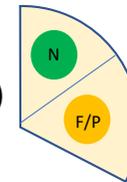
- **Being/feeling:** I spend time feeling, reflecting on and sitting with my emotions, even it's hard
- **Doing/thinking:** I am often in my head and thinking, or task driven and busy. This can mean avoiding processing difficult feelings



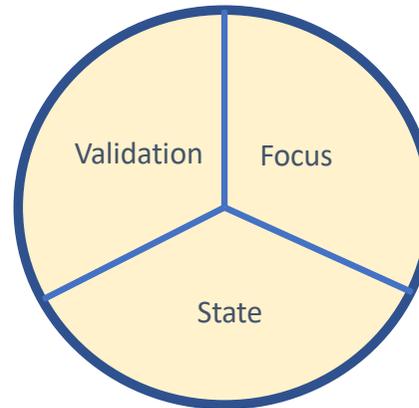
My energy profile: How do I score myself?



Internal (I)
External (E)



Now (N)
Future/Past (F/P)

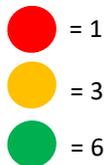


Validation

- **Internal:** I am generally motivated, rewarded by or get my self-worth from an internal sense of what's important
- **External:** I often want to please others, or feel rewarded by achieving what others think is important

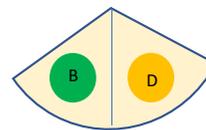
Focus

- **Now:** I tend to focus on the present as this is the only place where change can happen
- **Future/Past:** I tend to focus on the future which sometimes makes me anxious. Or I tend to focus on the past which can make me feel down



Score yourself here

Being (B)
Doing (D)



State

- **Being/feeling:** I spend time feeling, reflecting on and sitting with my emotions, even it's hard
- **Doing/thinking:** I am often in my head and thinking, or task driven and busy. This can mean avoiding processing difficult feelings

Validation	Focus	State	Total (7-18)



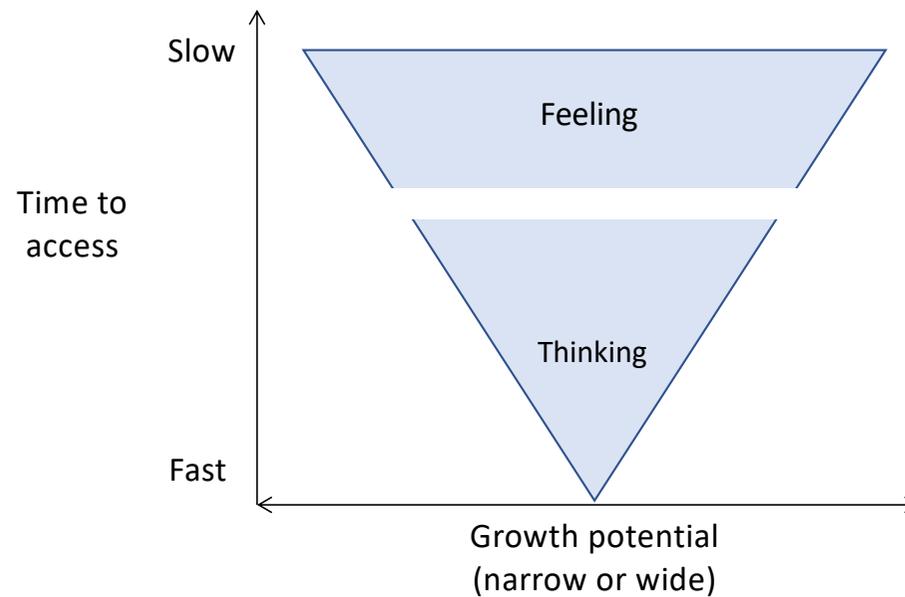
My energy profile: What do my scores suggest?

Scores	What it might mean for me/where might I place more focus?
18	<ul style="list-style-type: none"> • I know what makes me happy and am motivated by an internal sense of what's important. I'm not driven to achieve for others and am less focused on what they think. • I'm generally mindful and spend time focused on the present, not dwelling on, or worrying about the past. Whilst I do plan for the future, I'm aware of how much can shift and that plans often don't work out. I'm OK with that as I tend to focus on enjoying today more than thinking about tomorrow. • Whilst it can be hard to sit with difficult emotions, I often do this as I know it's the only way to process my thoughts and feelings. This doesn't mean I'm not busy or I don't get things done, I just know when it's important to stop and reflect. I just know that feelings take time to surface.
15	<ul style="list-style-type: none"> • I know what makes me happy and am motivated by an internal sense of what's important. I'm not driven to achieve for others and am less focused on what they think. • I need to a) spend more time focused on the present as I'm often dwelling on the past/ruminating, or worrying about the future, which may be about control. • Or b) I'm often too action oriented and find it hard to sit with difficult emotions. I often move quickly to thinking and don't allow my feelings to surface.
13	<ul style="list-style-type: none"> • I am quite motivated by what other people think. I get quite a bit of my self-worth from external things like money, possessions or status. • I'm generally mindful and spend time focused on the present, not dwelling on, or worrying about the past. Whilst I do plan for the future, I'm aware of how much can shift and that plans often don't work out. I'm OK with that as I tend to focus on enjoying today more than thinking about tomorrow. • Whilst it can be hard to sit with difficult emotions, I often do this as I know it's the only way to process my thoughts and feelings. This doesn't mean I'm not busy or I don't get things done, I just know when it's important to stop and reflect. I know that my feelings take time to surface.
12	<ul style="list-style-type: none"> • I know what makes me happy and am motivated by an internal sense of what's important. I'm not driven to achieve for others and am less focused on what they think. • I need to spend more time focused on the present as I'm often dwelling on the past/ruminating, or worrying about the future, which may be about control. • I'm often too action oriented and find it hard to sit with difficult emotions. I often move quickly to thinking and don't allow my feelings to surface.
10	<ul style="list-style-type: none"> • I am quite motivated by what other people think. I get quite a bit of my self-worth from external things like money, possessions or status. • I need to either a) spend more time focused on the present as I'm often dwelling on the past/ruminating, or worrying about the future, which may be about control. • Or b) I'm often too action oriented and find it hard to sit with difficult emotions. I often move quickly to thinking and don't allow my feelings to surface.
7	<ul style="list-style-type: none"> • I am quite motivated by what other people think. I get quite a bit of my self-worth from external things like money, possessions or status. • I need to spend more time focused on the present as I'm often dwelling on the past/ruminating, or worrying about the future, which may be about control. • I'm often too action oriented and find it hard to sit with difficult emotions. I often move quickly to thinking and don't allow my feelings to surface.



Thinking and Feeling out of balance

During adulthood some of us detach our thoughts from our feelings. If we jump into thinking too quickly it may block our access to our feelings. Finding it hard to access our feelings means we're a bit out of balance. Too much focus on thinking means we're only seeing the world through one set of lenses and our opportunity to grow and develop can be impacted.





Thinking and Feeling in balance

Spending time sitting with our feelings can help adjust the balance. This will slow down our thinking, making it easier to access our feelings. It can also help our problem-solving abilities.

Using thinking alone means we're often searching for "*the one*" solution that will address our challenge. Adding in our feelings, intuition and bodily senses as well can bring real mind-set shifts and help us surface a broader range of options.

