

Vital Energy



Energy comes in many forms. This worksheet defines “vital energy” as the power available for humans to live and grow (a combination of mental, spiritual, and physical energy.)

When your vital energy is high, you feel alert, invigorated, and present. When it’s low, you feel tired, unmotivated, or “stuck”.



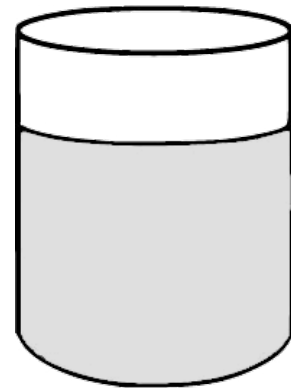
Life’s experiences can have a positive or negative effect on your vital energy.

Each of the four basic personality styles exhibits an inclination toward, as well as an aversion away from, certain aspects of life’s experiences.

Let this depiction of a cylindrical reservoir symbolize a container for storing your vital energy.

This reservoir fills up when you perform energy-producing activities. It drains when you perform energy-consuming activities.

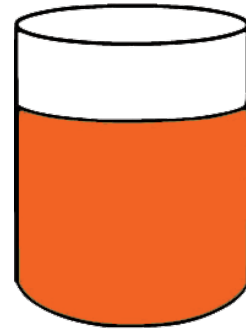
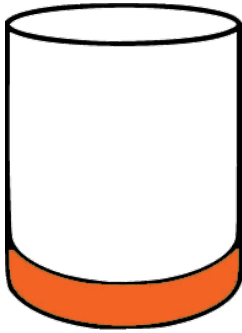
We can more easily overcome life’s obstacles when we are able to maintain sufficient reserves of energy.



We all know the feeling of “running on empty” - the smallest issue can seem massive. Whenever your response seems out of proportion to the problem at hand, it is time to take an inventory of the vital energy producers and consumers in your life. Instead of simply avoiding the things that drain you, try adding some energy-producing activities to your life. You will be surprised by how adding a short duration of an energy-producing activity can charge you up and make energy-consuming activities feel so much less draining.

Worksheet Instructions:

The set of vital energy producers and consumers for one individual can vary greatly from the set of another individual. Read through the following lists for the four basic personality styles and pull from any or all of them to identify aspects of life experiences that drain you or charge you up.

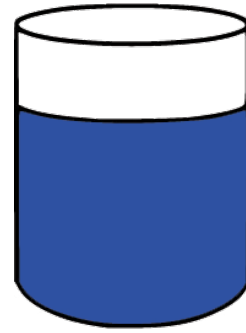
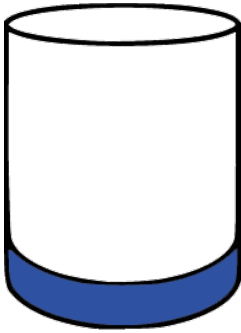


**Energy
Consumers**

Feeling trapped
Nothing to show
Hesitancy
Sensory deprivation
Not able to move around
Abstract concepts
Boredom
Taking too long to see results
Playing it safe
Written instructions
Structured rules
Preparation
Routines or schedules
Lack of challenge
Mundane tasks
No skill required
Unaware of surroundings
Feeling lost

**Energy
Producers**

Physical activity
Tangible results
Follow impulses
Use of senses
Free to move about
Concrete evidence
Play, fun, game-like
Quick progress
Element of risk
Hands-on tasks
Freedom to improvise
Decisions in the moment
Flexibility and variety
Competition
Never been done before
Craftsmanship
Use of situational awareness
Use of spatial intelligence

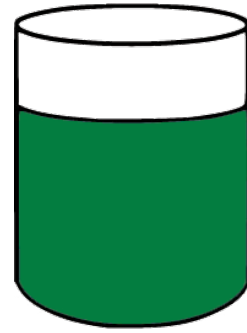
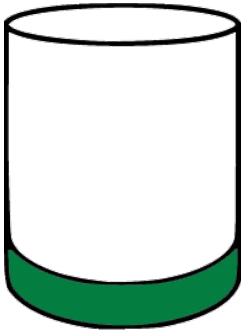


**Energy
Consumers**

Being left out
Insincerity
Conflict
Leaving others out
Feeling lonely
No room to grow
Distance between loved ones
Winning at others' expense
Having to say no
Unable to help
Not asked to help
Lack of rapport
Rejection
Lack of affection
Blandness
Harsh spaces
Not expressing genuine self
Cause of other's discomfort

**Energy
Producers**

Social bonding
Genuineness
Harmony
Including everyone
Sharing stories
Personal growth
Staying in touch
Empowering others
Being there
Coming through
Being confided in
Knowing people
Being valued
Physical closeness
Creativity
Comforts
Own unique flair
Making people laugh

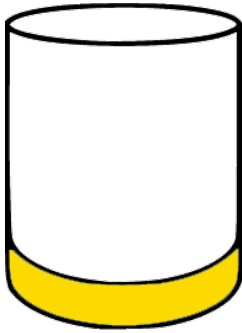


**Energy
Consumers**

Limited view
Reliance on others
Drama
Illogical decisions
Failed process
Equipment malfunction
Not having right tools
Unable to solve own problems
Explaining
Time pressure
Nothing new to learn
Strict conformity
Outdated traditions
Nothing to go on
Repetition
Narrow mindedness
Baby steps
Lack of strategy

**Energy
Producers**

Big Picture
Self-sufficiency
Even keel
Logic
Process improvement
Efficiency
Abundant resources
Independence
Clarity
Sufficient time to think
Mental challenge
Thinking outside the box
Question the status quo
Finding clues to mysteries
Uncharted territory
Contemplate all angles
Innovation
Technical Roadmap

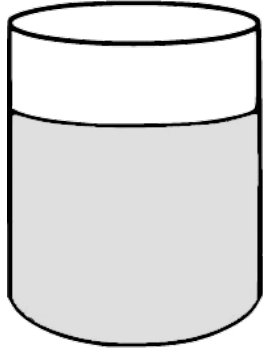


Energy Consumers

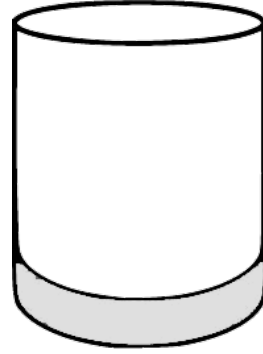
Unfinished business
Things left to chance
Things out of place
Irresponsibility
Broken rules
Being rushed
Unexpected change in events
Unfair advantage
Unpredictability
Compromised quality
Chaos
Clutter
Waste
Big picture with no details
Having to think on feet
Other people's "emergencies"
Shame
Much still to do

Energy Producers

Closure
Everything goes as planned
Everything in its place
Duty
Rules followed
Ample time to plan
Knowing what to expect
Fairness
Consistency
Best you can be
Structure
Organization
Efficient use of resources
Attention to detail
Preparation
Proactive
Honor
Checking things off a list



Energy Consumers



Energy Producers

