

Level 2: Tension

Frustrated · Angry Defensive · Misunderstood

What need isn't being met
— and how can I express
it clearly?

Level 4: Servant Leadership

Connected · Trusting Supportive

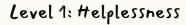
How can I serve others while also honoring my own needs?

CRESION

Level 5: Love

Compassionate · Grateful Joyful

How can I show myself the same compassion I offer to others?



Shame · Despair Powerless · Hopeless

Name one thing you've tried? What else can you try?

Level 3: Ownership

Confident · Determined Responsible

How can I stay focused on what's within my control as I move forward?"

How to Use the Energy Map

Identify:

Name 1–2 emotions you feel.

Shift:

Reflect on the question at that level.

Act:

Take one small step to move forward.