

My Energy Map

The Road to Self-Empowerment

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?

Level 5: Love

Compassionate · Grateful
Joyful

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

Level 1: Helplessness

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?"

CULTURE CRE8ION

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.