

CHOOSE YOUR ADVENTURE WORKBOOK

Unlocking the 7 Levels of Energy

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Choose Your Adventure

Think of a situation in your life where you feel dissatisfied or stuck. Describe that situation here.

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The 7 Levels of Energy

Level 1 Energy—Victim

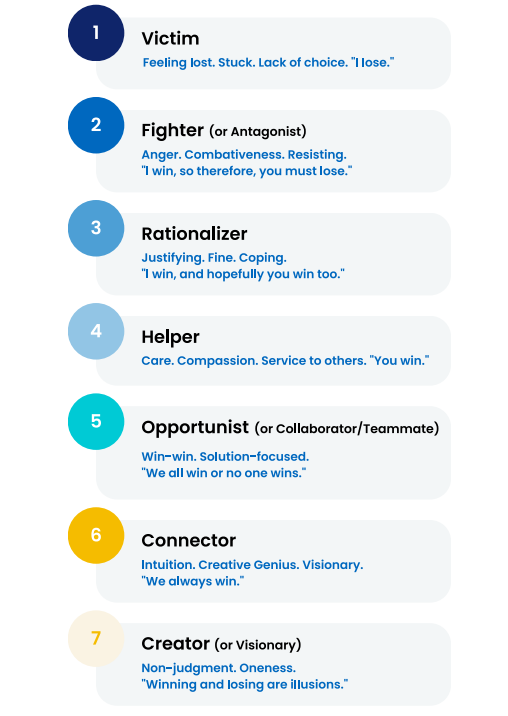
Persona: _____

What situations trigger your Level 1 Energy?

Level 2 Energy—Fighter

Persona: _____

What situations trigger your Level 2 Energy?



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The 7 Levels of Energy

Level 3 Energy—Rationalizer

Persona: _____

What situations trigger your Level 3 Energy?

Level 4 Energy—Helper

Persona: _____

What situations trigger your Level 4 Energy?



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The 7 Levels of Energy

Level 5 Energy—Opportunist

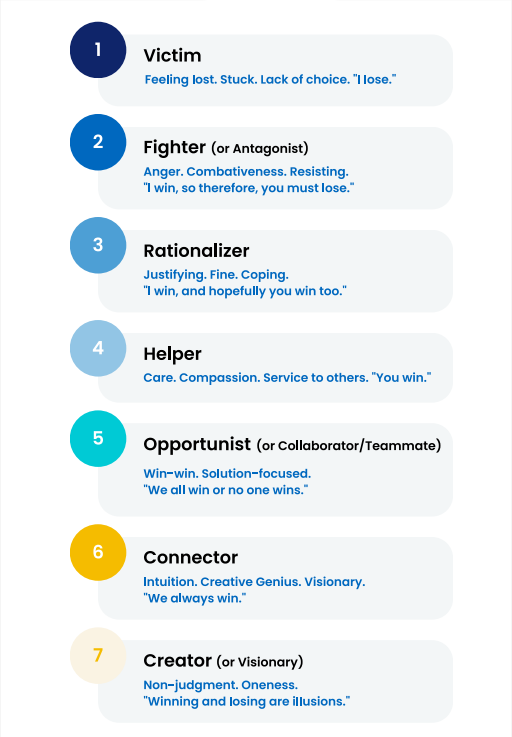
Persona: _____

What situations trigger your Level 5 Energy?

Level 6 Energy—Connector

Persona: _____

What situations trigger your Level 6 Energy?



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The 7 Levels of Energy

Level 7 Energy—Creator

Persona: _____

What situations trigger your Level 7 Energy?

7 Levels of Energy

1. **Victim**
   Feeling lost. Stuck. Lack of choice. "I lose."
2. **Fighter** (or Antagonist)
   Anger. Combativeness. Resisting.
   "I win, so therefore, you must lose."
3. **Rationalizer**
   Justifying. Fine. Coping.
   "I win, and hopefully you win too."
4. **Helper**
   Care. Compassion. Service to others. "You win."
5. **Opportunist** (or Collaborator/Teammate)
   Win-win. Solution-focused.
   "We all win or no one wins."
6. **Connector**
   Intuition. Creative Genius. Visionary.
   "We always win."
7. **Creator** (or Visionary)
   Non-judgment. Oneness.
   "Winning and losing are illusions."

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Reflection

Thinking about that situation you captured on page 3, what Energy Level do you think you're currently approaching it from?

With your new understanding of the seven different ways you could look at this same situation, what Energy Level would you like to approach it from? Why? Which persona would be most helpful to you in this situation?

If you brought in your new, consciously chosen Energy Level, how would that change the situation?

And finally, which persona—or Energy Level—would you like to embody more consistently in your day-to-today life?

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Congratulations!

You now have a powerful tool for accessing your unlimited potential through making conscious choices. Imagine how different life might be the next time you encounter a stressful situation and you are able to choose your response.



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Awakening Potential

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