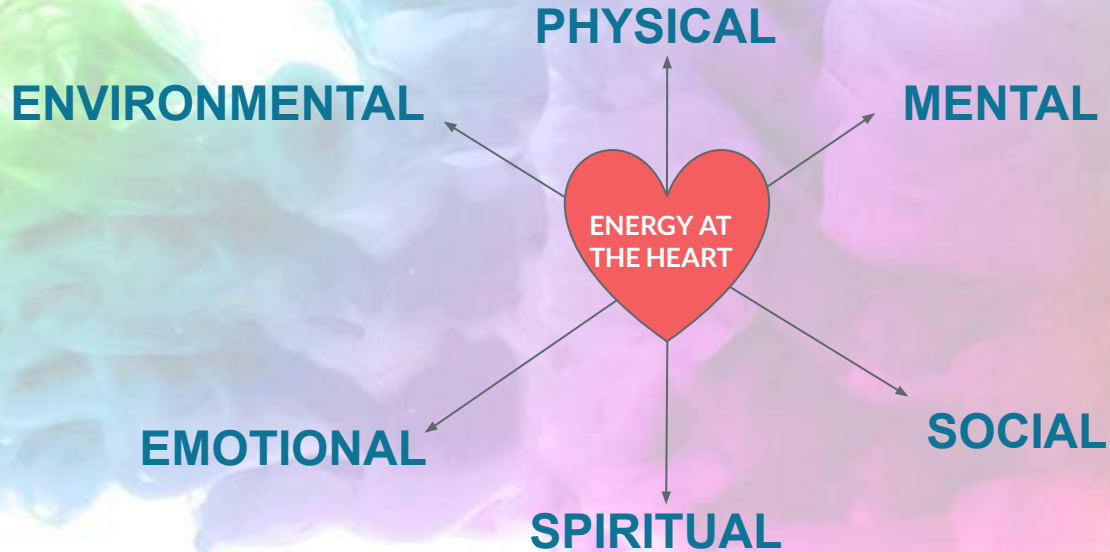


THE 6 COR.E INFLUENCERS WORKSHEET



THESE 6 ENERGY INFLUENCERS WORK FOR US & AGAINST US IN ALL AREAS OF LIFE.

THE 6 ENERGY INFLUENCERS AKA STRESSORS

- MENTAL:** Brain power in the moment, alertness, focus, memory, clarity.
- EMOTIONAL:** Moods, feelings, emotional awareness, expression, control.
- PHYSICAL:** Health, sleep, breathing, exercise, injury, nutrition, image.
- SOCIAL:** Interaction, attitude towards competing, communication, relationships.
- ENVIRONMENTAL:** Conditions, settings & surroundings, Equipment, clothing, tech.
- SPIRITUAL:** Purpose, values, goals, mission, drivers, belief, fulfilment.

These influence how you may show up from person to person or situation to situation. When you are experiencing stress, feeling anxious or perhaps lacking engagement, your energy is drained, which detracts from your level of potential to perform at your best.

EACH OF THESE INFLUENCERS ARE INTERCONNECTED & INTERDEPENDENT



THE 6 CORE INFLUENCERS AKA STRESSORS

ON A SCALE OF 1 - 10 HOW MUCH SATISFACTION DO YOU HAVE IN EACH OF THESE AREAS OF INFLUENCE? (1 = VERY LITTLE & 10 = TOTALLY SATISFIED)

MENTAL: _____

SOCIAL: _____

EMOTIONAL: _____

ENVIRONMENTAL: _____

PHYSICAL: _____

SPIRITUAL: _____

JOURNAL PROMPTS:

What internal and external factors are currently affecting your energy in each of these areas?

What fuels your energy in each of these areas? What is within your control to add to the fuel?

What depletes your energy in each of these areas?

What can you do over the next 2 weeks to improve your energy around each of these influencers?

To learn more about Energy Leadership contact anna@theentrepreneurialsoul.com