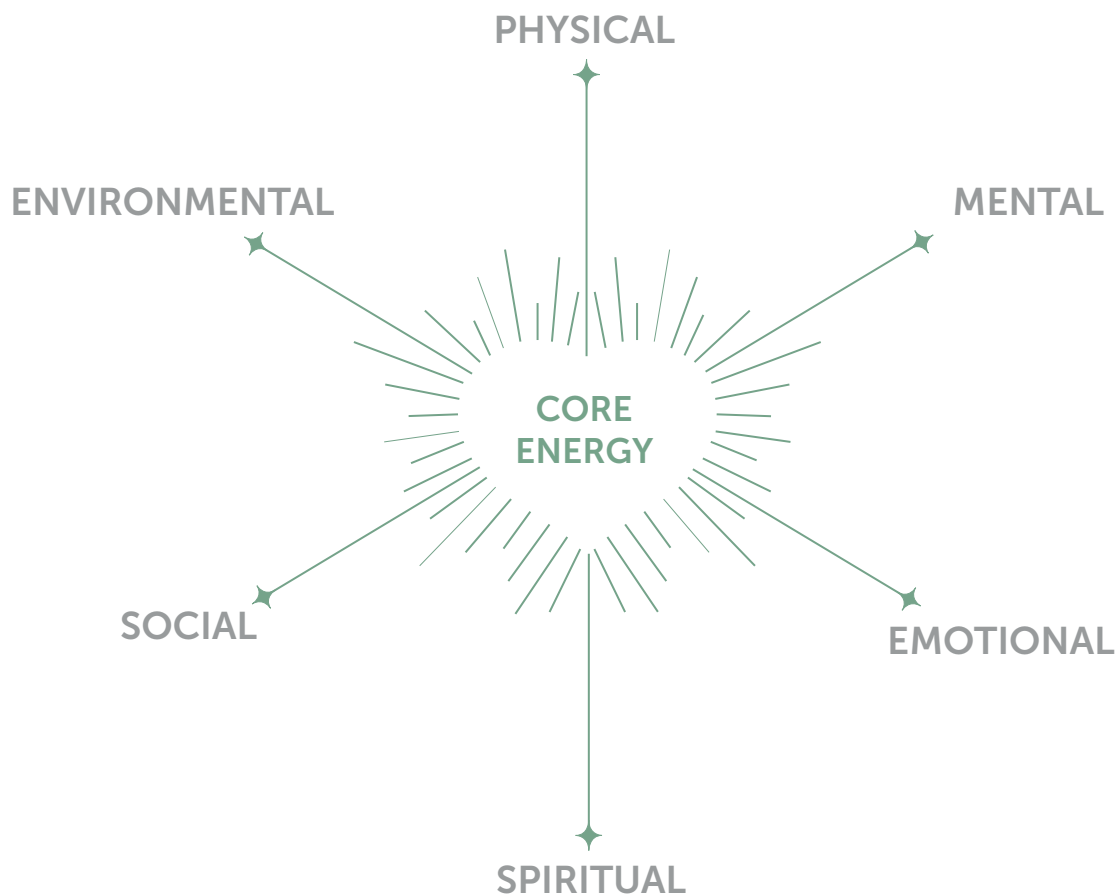


# THE COR.E INFLUENCER WORKSHEET



## THE COR.E INFLUENCERS ARE INTERCONNECTED & INTERDEPENDENT

They influence how you are showing up from person to person and 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. Equally when you are more aware, conscious of your focus and experiencing less stress, these areas of influence will bring you closer to your full potentiality.

**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.*

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On a scale of 1 - 10 How much satisfaction do you have in each of these areas of influence?  
1 = dissatisfied 2 = moderately satisfied 3 = good enough 4 = satisfied 5 = extremely satisfied

**MENTAL:** 1 2 3 4 5

**EMOTIONAL:** 1 2 3 4 5

**PHYSICAL:** 1 2 3 4 5

**SOCIAL:** 1 2 3 4 5

**ENVIRONMENTAL:** 1 2 3 4 5

**SPIRITUAL:** 1 2 3 4 5

# JOURNAL PROMPTS

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

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◆ What fuels your energy in each of these areas?

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◆ What is within your control to add to the fuel?

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◆ What depletes your energy in each of these areas?

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

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To learn more about Energy Leadership contact:  
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