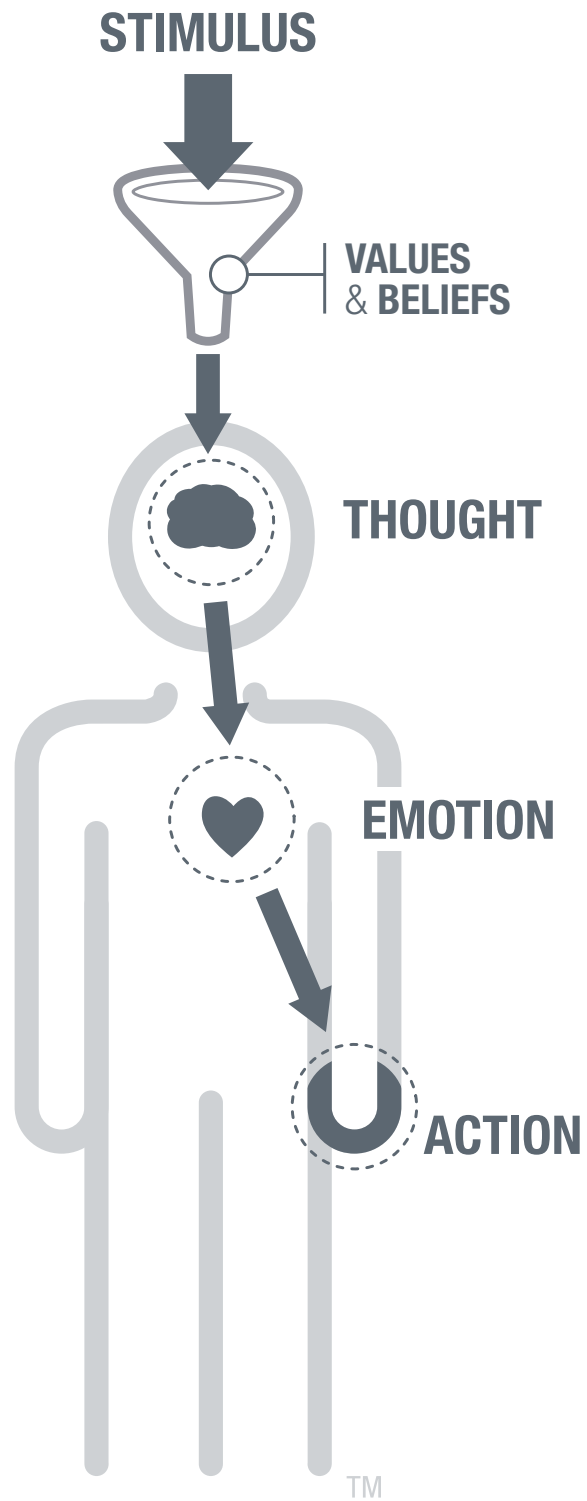
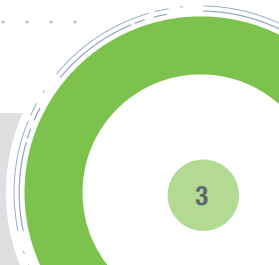


# EXPLORE CONSCIOUS LEADERSHIP









## THE 7 LEVELS OF ENERGY

ENERGY LEVEL	THOUGHT	EMOTION	ACTION
<b>7</b>	<b>NON-JUDGMENT</b> Winning and losing are illusions	<b>ABSOLUTE PASSION</b> Unconditional love, ecstasy	<b>CREATION</b> Genius, focus on “everything” and “nothing”
<b>6</b>	<b>SYNTHESIS</b> Everyone always wins	<b>JOY</b> Fearlessness, oneness	<b>WISDOM</b> Ability to access intuition, focus on the whole (emotional)
<b>5</b>	<b>OPPORTUNITY</b> We both win; I understand you	<b>PEACE</b> Calm, confidence	<b>COLLABORATION</b> Fulfillment, strong outer faith, focus on opportunity, little is taken personally
<b>4</b>	<b>CONCERN</b> You win; I care, I need to fix it	<b>COMPASSION</b> Gratitude, love, caring	<b>SERVICE</b> Deep connection with focus on others, helping vs. controlling
<b>3</b>	<b>RESPONSIBILITY</b> I win, if you win too, great; I forgive you	<b>FORGIVENESS</b> Relief, keep emotions in check	<b>COOPERATION</b> Rationalization, justification, tolerance, use of coping mechanisms, release, focus on me (mental)
<b>2</b>	<b>CONFLICT</b> I win, you lose; life is a struggle	<b>ANGER</b> Resentment, hatred, greed, blame	<b>DEFIANCE</b> Focus on problems, micromanage, overreact
<b>1</b>	<b>POWERLESS</b> I lose; why bother, I’m overwhelmed	<b>APATHY</b> Guilt, self-doubt, worry, fear, embarrassment	<b>LETHARGY</b> Low engagement, unproductive, avoid confrontation

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# DIVING DEEPER INTO THE 7 LEVELS OF ENERGY

## LEVEL 1 - THE VICTIM

THOUGHT	EMOTION	ACTION
<b>POWERLESS</b> I lose; why bother, I'm overwhelmed	<b>APATHY</b> Guilt, self-doubt, worry, fear, embarrassment	<b>LETHARGY</b> Low engagement, unproductive, avoid confrontation

**ADVANTAGES**

- Ability to protect yourself from harm
- Attention and sympathy from others
- Feel less responsible for negative life events

**DISADVANTAGES**

- Little to no engagement
- Great difficulty effecting change and improving circumstances
- Lack of ability to lead yourself or others



Describe a specific instance where you've found yourself in this level

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## LEVEL 2 - THE FIGHTER

THOUGHT	EMOTION	ACTION
<b>CONFLICT</b> I win, you lose; life is a struggle	<b>ANGER</b> Resentment, hatred, greed, blame	<b>DEFIANCE</b> Low engagement, unproductive, avoid confrontation

**ADVANTAGES**

- Ability to accomplish a lot by yourself
- Motivating others
- Success in the status quo

**DISADVANTAGES**

- Motivation of others through anger/fear
- Unsatisfactory results
- Dissatisfaction/uninspired team



Describe a specific instance where you've found yourself in this level

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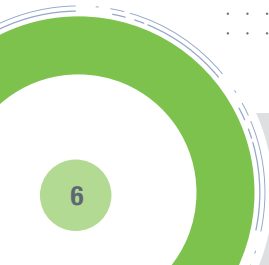
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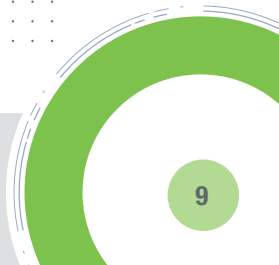


LEVEL 7 - THE CREATOR

THOUGHT	EMOTION	ACTION	
<b>NON-JUDGEMENT</b> Winning and losing are illusions; I am	<b>ABSOLUTE PASSION</b> Unconditional love, ecstasy	<b>CREATION†</b> Genius, focus on “everything” and “nothing”	
<b>ADVANTAGES</b> <ul style="list-style-type: none"><li>• Creation of anything you choose</li><li>• Intelligence of the highest order</li></ul>		<b>DISADVANTAGES</b> <ul style="list-style-type: none"><li>• Less emotional drama</li><li>• Perception of disconnection</li></ul>	
<b>CATABOLIC ENERGY</b> (%0)			<b>ANABOLIC ENERGY</b> (%100)

Describe a specific instance where you've found yourself in this level

Grid area for writing a specific instance.



### What is True versus Truth?

- True is the story, expectations, or judgements we have about a situation. Truth represents the facts of the situation.
- Knowing the difference between True and Truth is about understanding how our expectations and judgements create our experiences.
  - » It is also an understanding of how our interpretations and judgements affect our energy.
- Truth has the ability to separate fact from judgement, opinions, or made up stories.

### TRUE

(adj.) Our interpretations and judgements about events. True is the way you see things or the story in your head.

### TRUTH

(n.) The unbiased facts or reality of the situation. Truth is the objective, non-negotiable fact Truth is without opinion, judgement, or influence.

### What influences our version of True:

- Our belief systems
- Our values
- Our experiences
- Our expectations
- Our lifetime influences (economic, geographic, education, religious beliefs, friends, family, media, etc.)

### Why is this an important concept to understand and put into practice?

- Creates better communication
- Creates better understanding of situations
- Creates better connection with others
- Help us to stay productive, motivated, and moving forward

## Examples

TRUE	TRUTH
My boss didn't return my email, he doesn't care about what I need.	My boss didn't return my email.
I wasn't invited to that meeting, they don't value my opinion.	I wasn't invited to that meeting.
He is so lazy. He never follows up on sales prospects and doesn't take his job seriously.	His follow up capabilities don't match my expectations.

### Ways to help shift out of True and into Truth:

Ask yourself:

- “What are the facts?”
- “What would an objective person say about this?”
- “If the opposite was true, what would be different?”
- “How is the meaning I am attaching to this affecting me?”


Approach the other person for dialogue:

- “I found I started to make up stories around this situation and I don't want to do that. Can we talk about x, y, z?”



## CHOOSING YOUR ENERGY LEVEL

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 Choose a common situation/stimulus you deal with at work and describe it below:


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 Now, write how you might respond to that situation in each of the energy levels:

LEVEL 7

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LEVEL 6

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LEVEL 5

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LEVEL 4

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LEVEL 3

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LEVEL 2

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LEVEL 1

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With all the different responses now visible to you, choose the one that allows you to consciously show up and respond how you would like to, rather than how you typically react.

# SETTING INTENTIONS

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An intention is a message you give yourself about what you're planning to do. They are most effective when stated in the affirmative (not statements about what you will not/shouldn't do). Making the most of the what you're learning requires you to set intentions about how you want to change/grow as a Conscious Leader.

 What intentions do you have to become a conscious leader.

**1**

[Dotted grid for writing]

**2**

[Dotted grid for writing]

**3**

[Dotted grid for writing]

