



# SHIFTING YOUR *Energy*

Sometimes negative energy is very constructive and has the ability to pull us through a difficult situation. Kellie Portman is dedicated to providing tools to get through the rough waters of life. Visit [KelliePortman.com](http://KelliePortman.com) or scan the QR code for more information.



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## LEVEL 7 - ABSOLUTE PASSION & NON-JUDGMENT

Genius level, believing that winning and losing are illusions, absolute passion, pioneers, high level of creation.

## THE CREATOR

Winning and losing are just illusions.  
Who are you becoming?

## LEVEL 6 - SYNTHESIS ENERGY

You see life itself as a wonderful opportunity, don't look at things as being good or bad, have an attitude that everything works out as it happens, a lot of intuition and fearlessness.

## THE VISIONARY

Everyone always wins.  
What's it look like when I'm on top of my game?

## LEVEL 5 - RECONCILIATION ENERGY

Create opportunities from whatever happens, look at what's right instead of what's wrong, feel calm and confident, take challenges and turn them around.

## THE OPPORTUNIST

We both win.  
What is the opportunity under this challenge?

## LEVEL 4 - CONCERN ENERGY

You have compassion, love doing things for other people, feel gratitude, a sense of caring, spend a lot of time doing service to others, can be playful and take nothing seriously.

## THE CAREGIVER

You Win.  
What's my role in this?  
What am I discovering?  
What's going right in my world right now?

## LEVEL 3 - RESPONSIBILITY ENERGY

Rationalize, justify & tolerate others behaviors, you are willing to forgive others in order to move past bad or negative experiences, you recognize your own power & take responsibility for your own actions and thoughts.

## THE RATIONALIZER

I win. (if you win too, great)  
What's another way of looking at this situation?  
What am I tolerating?  
How willing am I to try it a different way?

## LEVEL 2 - CONFLICT ENERGY

Bickering, arguing, sarcasm, keeping score of who's done more, who's right and wrong, feel the need to protect yourself, feel resentment, hatred, greed or blame; your worth is based on being right.

## THE FIGHTER

You lose, I win.  
What do I really want?  
What's standing in my way?  
What steps do I need to take to move myself forward?

## LEVEL 1 - APATHY & VICTIM ENERGY

Little motivation, blaming others, waiting for others to make decisions, avoiding things that make you uncomfortable, feeling guilt, self-doubt, worry, fear or embarrassment.

## THE VICTIM

I lose.  
How true is that for me?  
What do I really want?  
Where will that get me?  
What's standing in my way?

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