Sometimes negative energy is very constructive and has the ability to pull on through a difficult situation. Kellie Portman is dedicated to providing tools to get through the rough waters of life. Visit *KelliePortman.com* for more information.

## **NON-JUDGMENT**

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

# 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.

# 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.

# **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.

### 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.

# **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.

# 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.

Institute for Professional Excellence in Coaching (iPEC)

# THE CREATOR

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

### THE VISIONARY

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

# THE OPPORTUNIST

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

### THE CAREGIVER

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

# 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?

#### 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?

# 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?

Energy Leadership Index (EL-I)