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* or scan the QR code for more information.

POSITIVE

NEGATIVE

LEVEL 7 - ABSOLUTE PASSION & NON-JUDGMENT Genius level, believing that winning and losing are illusions, absolute passion, pioneers, high level of creation.	**THE CREATOR** People have profound wisdom associated with unity with the universe, spiritual awakening and enlightenment.
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** People have a deep connection with everyone and everything, feeling satisfaction and joy.
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** People are solution-focused, highly optimistic and experience more inner peace and are often calm, cool and collected.
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** People often foster collaboration, teamwork and loyalty with those they live and work with.
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** People at this level may suppress their emotions and lean heavily on coping patterns that have worked in the past.
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** People often experience tunnel vision which significantly reduces their available options and opportunities.
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** People often feel powerless and believe external circumstances control their lives.
Institute for Professional Excellence in Coaching (iPEC)	*Energy Leadership Index (EL-I)*