Worksheet: The Power of Full Engagement

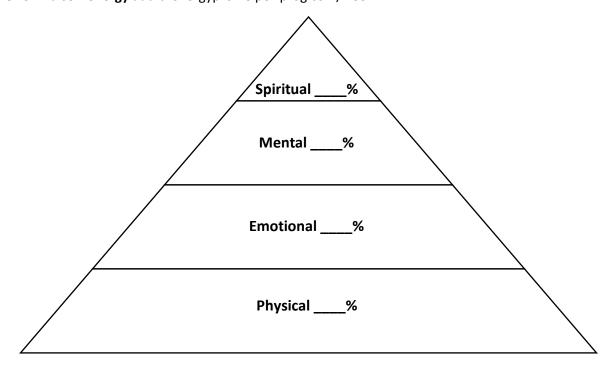
Determine your values and purpose

•	Think of someone that you deeply respect. Describe three qualities in this person that you most admire.
•	Who are you at your best?

• Identify your deepest values:

Authenticity	Fairness	Health
Balance	Faith	Honesty
Commitment	Family	Integrity
Compassion	Friendship	Kindness
Courage	Generosity	Knowledge
Creativity	Genuineness	Loyalty
Empathy	Happiness	Perseverance
Excellence	Harmony	Responsibility

Perform a self-energy audit: energyprofile.perfprog.com/free



Full Engagement

Physically Energized Emotionally Connected Mentally focused Spiritually Aligned

Energy Management

Managing capacity: The quantity, quality, focus, and force of energy that is available for performance

Primary Capacity ("Big Muscles")

<u>Physical</u>	<u>Emotional</u>	<u>Mental</u>	<u>Spiritual</u>
Heart and lungs	Self-confidence	Focus	Character
Abdominals	Self-regulation	Realistic optimism	Passion/Commitment
Shoulders and back	Interpersonal effectiveness	Time management	Integrity
Legs	Empathy	Creativity	Service to Others
Arms		•	

Supportive Habits ("Small Muscles")

<u>Physical</u>	<u>Emotional</u>	<u>Mental</u>	<u>Spiritual</u>
Sleep	Patience	Visualization	Honesty
Exercise	Openness	Positive self-talk	Integrity
Diet	Trust	Positive attitude	Courage
Hydration	Enjoyment	Mental preparation	Persistence

Strategize and Implement Ritual Building

Targeted muscle:

Value driving change:

Expected performance consequence:

Positive Energy Ritual Supporting Change	Launch Date