

YOUR 7 ENERGIES ASSESSMENT

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Learn more at: KristenBrownPresents.com

Thank you for taking the 7 Energies Assessment. Whether you took it for yourself, as part of your organization's training and professional development, or as part of a coaching program, you will get quick and powerful insight into how your 7 Energies may be impacting your personal and professional lives, growth, and success.

The assessment of the seven energies—Vision, Strategy, Communication, Relationships, Confidence, Creativity, and Motivation—is a comprehensive tool that addresses key facets of personal and professional development. It is critical for growth and success because it helps individuals identify strengths and areas for improvement across various aspects of their life. Each energy plays a significant role in how one approaches challenges, interacts with others, and pursues goals.

Some examples of why the 7 Energies matter in the workplace:

- **Vision:** Employees with a clear vision are more likely to set and achieve long-term objectives that align with the company's goals. For instance, a marketing manager with a strong vision energy can foresee market trends and lead their team to develop forward-thinking campaigns.
- **Strategy:** Strategic thinking enables professionals to outline effective plans and contingencies. A project manager who scores high on strategy will efficiently allocate resources and anticipate project roadblocks, ensuring smooth operations.
- **Communication:** Good communication is vital for teamwork and leadership. A team member who communicates clearly and listens actively can prevent misunderstandings and foster a collaborative environment.
- **Relationships:** Positive workplace relationships contribute to a supportive culture and higher job satisfaction. An employee who excels in building relationships might mediate conflicts and improve team dynamics, enhancing overall productivity.
- **Confidence:** Confidence empowers individuals to take on challenges and present their ideas without hesitation. A confident salesperson, for example, is more likely to persuade clients and close deals.
- **Creativity:** Creative energy drives innovation. In sectors like tech or design, the ability to think outside the box leads to breakthrough products and solutions.
- **Motivation:** A motivated workforce is the engine of any organization. Motivated employees are self-starters, pursue excellence, and inspire others, which is crucial for achieving business objectives.

Some examples of why the 7 Energies matter for your personal life:

- **Vision:** On a personal level, having a clear vision helps individuals set meaningful life goals, such as pursuing higher education or planning for retirement.
- **Strategy:** Effective strategizing can help individuals manage personal finances, navigate career transitions, or plan significant life events.

- **Communication:** Strong communication skills are essential for building and maintaining relationships with friends and family, as well as for advocating for oneself in various situations.
- **Relationships:** Healthy relationships are the cornerstone of a fulfilling personal life, providing emotional support and enriching experiences.
- **Confidence:** Personal confidence enables individuals to assert boundaries, try new experiences, and stand up for their beliefs.
- **Creativity:** Creativity enriches one's personal life by encouraging artistic expression and problem-solving in daily tasks.
- **Motivation:** On a personal level, motivation drives individuals to pursue hobbies, maintain health and fitness, and achieve work-life balance.

This assessment provides a holistic approach to understanding and improving your overall efficacy and satisfaction in both personal and professional realms. By identifying blockages or neutral areas, you can take targeted actions to enhance your wellbeing and performance, leading to a more aligned, successful, and fulfilling life.

About the Results:

- **Score 0-5 (Blocked Energy):** A score in this range suggests this Energy is blocked. Significant shifts should be made.
- **Score 6-10 (Neutral Energy):** A score in this range indicates neutral energy in this energy. Some improvements can be made.
- **Score 11-15 (Flowing Energy):** A score in this range indicates well-flowing energy in this Energy. Maintain momentum so you don't lose flow.
- **Personalized Feedback:** Based on your responses, each of the 7 Energies provides personalized feedback and action steps. You will also get additional resources to help improve or maintain energy in this area.

QUICK RESOURCES

Energy Transformation Coaching:

This is personalized coaching to help you unblock or elevate your 7 Energies. [CLICK HERE](#)

Team Energetics:

Keynotes, Trainings, Emceeing, and Consulting to elevate you and your group's 7 Energies. [CLICK HERE](#)

The Spark eNewsletter:

Get weekly hits of energy and inspiration for work and home. [CLICK HERE](#)

YOUR 7 ENERGIES ASSESSMENT RESULTS

VISION ENERGY

Vision energy reflects your ability to foresee your future and visualize your goals. It's vital as it guides your decisions and propels you towards growth and fulfillment.

Assessment Results:

- **Score 0-5 (Blocked Energy):**
A low score indicates a blockage in envisioning a clear future. This may cause aimlessness or a lack of purpose. To clear this blockage, start by setting small, manageable goals, and visualize achieving them. Reflect on your passions and how they might translate into long-term objectives.
- **Score 6-10 (Neutral Energy):**
An average score suggests you occasionally set and achieve goals but may lack consistency or clarity. Enhance this energy by creating a vision board, engaging in regular planning sessions, and meditating on your desired future.
- **Score 11-15 (Flowing Energy):**
A high score denotes a strong visionary capability. You likely set and work towards long-term goals with clarity. Maintain this flow by regularly updating your goals and staying flexible to change.

Personalized Feedback:

Reflect on how your vision aligns with your daily actions. Are there steps you can take today to bring you closer to your future aspirations? Read "The 7 Habits of Highly Effective People" by Stephen R. Covey for strategies on personal vision.

STRATEGY ENERGY

Strategy energy involves planning and executing steps to achieve your goals. It's critical for turning your vision into reality.

Assessment Results:

- **Score 0-5 (Blocked Energy):**
A low score suggests difficulties in planning or adhering to plans, which might stall progress. Overcome this by breaking goals into smaller tasks and reviewing progress weekly.
- **Score 6-10 (Neutral Energy):**
An average score indicates you can plan but may struggle with implementation. Improve by learning project management techniques and using tools to track your progress.
- **Score 11-15 (Flowing Energy):**
A high score shows proficiency in strategizing and adaptability. Keep this momentum by challenging yourself with larger goals and staying open to new methods.

Personalized Feedback:

Consider whether your current strategies align with your goals. Adjustments may be needed to stay on course. Read "Getting Things Done" by David Allen for a comprehensive approach to productivity and planning.

COMMUNICATION ENERGY

Communication energy is about effectively expressing ideas and actively listening. It's essential for personal and professional relationships.

Assessment Results:

- **Score 0-5 (Blocked Energy):**
A low score points to challenges in self-expression or understanding others. Enhance this energy by practicing active listening skills and engaging in public speaking workshops.
- **Score 6-10 (Neutral Energy):**
An average score means you communicate adequately but may face barriers in deeper connections. Improve by asking open-ended questions and reflecting on your communication style.
- **Score 11-15 (Flowing Energy):**
A high score implies strong communication skills. Continue to nurture this by seeking diverse perspectives and practicing empathy.

Personalized Feedback:

Consider the clarity and impact of your communication. Is there a message you wish to convey more effectively? Read "Dare to Lead" by Brené Brown for insights into courageous and effective communication.

RELATIONSHIP ENERGY

Relationships energy reflects the quality of your personal connections and your ability to form new ones. It's foundational for support and collaboration.

Assessment Results:

- **Score 0-5 (Blocked Energy):**
A low score could mean struggles in forming or maintaining relationships. To improve, engage in community activities and be proactive in reaching out to others.
- **Score 6-10 (Neutral Energy):**
An average score suggests stable relationships with room for growth. Strengthen this energy by practicing active listening and showing appreciation to your peers.
- **Score 11-15 (Flowing Energy):**
A high score indicates healthy, supportive relationships. Sustain this by regularly checking in with your contacts and being available to them.

Personalized Feedback:

Reflect on the give-and-take in your relationships. Are there imbalances that need addressing? Read "The 5 Love Languages" by Gary Chapman to get insights into improving personal relationships.

CONFIDENCE ENERGY

Confidence energy pertains to your self-esteem and belief in your abilities. It's crucial for facing challenges and seizing opportunities.

Assessment Results:

- **Score 0-5 (Blocked Energy):**
A low score signals self-doubt. Build this energy by setting achievable goals, celebrating small wins, and practicing positive self-talk.
- **Score 6-10 (Neutral Energy):**
An average score shows you're somewhat confident but might waver under pressure. Boost your confidence by learning new skills and stepping outside your comfort zone.
- **Score 11-15 (Flowing Energy):**
A high score suggests a strong sense of self-assuredness. Maintain this by continuing to challenge yourself and embrace new experiences.

Personalized Feedback:

Assess how your confidence affects your actions. Remember, competence builds confidence. Read "Mindset: The New Psychology of Success" by Carol S. Dweck to learn about the power of believing in your own growth potential.

CREATIVITY ENERGY

Creativity energy is your ability to innovate and express yourself. It fuels problem-solving and artistic expression.

Assessment Results:

- **Score 0-5 (Blocked Energy):**
A low score might indicate a rut in creative thinking. Rekindle this by exploring new hobbies, brainstorming regularly, and embracing curiosity.
- **Score 6-10 (Neutral Energy):**
An average score means you have creative moments but lack consistency. Cultivate creativity by setting aside time for brainstorming and following through on your ideas.
- **Score 11-15 (Flowing Energy):**
A high score reflects a vibrant imagination and regular creative engagement. Keep this alive by challenging yourself with complex creative projects.

Personalized Feedback:

Think about the last time you felt creatively fulfilled. What can you do to replicate that experience? Read "The Artist's Way" by Julia Cameron for a deep look at unlocking personal creativity.

MOTIVATION ENERGY

Motivation energy drives your ambition and the pursuit of goals. It's key for sustained effort and achieving success.

Assessment Results:

- **Score 0-5 (Blocked Energy):**
A low score suggests a lack of drive. Spark this energy by understanding your 'why,' setting compelling goals, and creating a reward system for your efforts.
- **Score 6-10 (Neutral Energy):**
An average score indicates fluctuating motivation. Strengthen this by reconnecting with your goals' purpose and surrounding yourself with inspiring people.
- **Score 11-15 (Flowing Energy):**
A high score shows a strong, consistent drive. Maintain this by regularly setting new challenges and reflecting on your achievements.

Personalized Feedback:

Consider what excites you most about your goals. Harness this passion to fuel your motivation. Read "Drive: The Surprising Truth About What Motivates Us" by Daniel H. Pink for more on the psychology behind motivation.

NOW WHAT?

Having completed the assessment of the seven energies, the natural progression is to ask, "Now What?" The insights gained from this exercise serve as a springboard into targeted personal and professional development programs. The next steps involve a suite of transformative experiences and engagements that can be tailored to your unique energy profile.

Energy Transformation Coaching and Energetics Consulting are personalized approaches designed to turn your insights into action:

- One-on-One Coaching: Engage in personalized sessions with a coach who specializes in energy transformation to work on unlocking and enhancing specific energies.
- Group Workshops: Participate in interactive workshops aimed at harnessing collective energy and catalyzing group development.
- Organizational Consulting: Bring energetic consulting to your organization to align team energies with corporate goals and culture, fostering a more dynamic and productive work environment.

For broader impact, consider integrating Keynotes and Training Programs:

- Inspirational Keynotes: Invite experts to deliver thought-provoking talks that ignite motivation and inspire action towards energy transformation in personal and professional contexts.
- Comprehensive Training: Implement systematic training programs that offer tools and techniques for employees to cultivate their energies, enhancing both individual and team performance.

Lastly, to ensure sustained growth and momentum, engage in Annual Energetic Momentum Programs:

- Ongoing Development: Commit to a year-long program with regular check-ins to continually assess and develop the seven energies across your organization.
- Customized Milestones: Set and celebrate milestones that acknowledge individual and team growth in the energetic dimensions, reinforcing positive transformation.

"Next steps" isn't just about acknowledging areas for growth—it's about committing to a journey of continuous improvement. Whether through coaching, speaking engagements, or comprehensive programs, the goal is to create an upward spiral of energetic enhancement that benefits individuals and organizations alike.

ABOUT KRISTEN BROWN, CSP

Kristen Brown is The Energy Phoenix!

She is a Certified Speaking Professional...one of only 360 active CSPs in the WORLD! She redefines the energy of leadership in the modern workplace.

Drawing from her transformative experiences as a young widow, combined with 15 years in corporate leadership, Kristen's keynotes have revolutionized workplace dynamics for giants like Microsoft, General Mills, and Target, small businesses across industries, associations, and everything in between.

With a Master's in Integral Theory (the art and science of multiple perspectives) and a suite of wellness certifications, she presents a holistic blueprint for achieving unparalleled work/life synergy, resilience, and results. Kristen's influence spans media from Forbes to "Live with Kelly." Kristen promises an experience grounded in fun, expertise, and energy. With her, organizations don't just adapt; they rise.



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