

# Human Energy

Science of High Performance Series

Assessment



**Thrive***Vance*

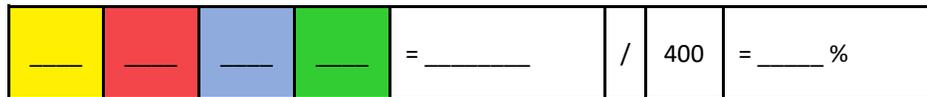
## ENERGY PROFILE ASSESSMENT

|          |                                    |          |                                    |
|----------|------------------------------------|----------|------------------------------------|
| <b>1</b> | Never or to a very small extent    | <b>4</b> | Often or to more than average      |
| <b>2</b> | Almost never or to a little extent | <b>5</b> | Almost always or to a large extent |
| <b>3</b> | Average                            | <b>6</b> | Always or to a very great extent   |

|   |                                |   |   |   |   |   |
|---|--------------------------------|---|---|---|---|---|
| I eat a meal or snack approximately every 3 hours throughout the day from the time I wake up until the time I go to bed             | 1                              | 2 | 3 | 4 | 5 | 6 |
| I exercise on a regular basis, regardless of my circumstances   | 1                              | 2 | 3 | 4 | 5 | 6 |
| I get 7 to 8 hours sleep per night  | 1                              | 2 | 3 | 4 | 5 | 6 |
| <b>Add up your scores in the section above (1,2,3,4,5,6) and divide by 28 which will give you a percentage point</b>                | <b>Percentage Point: _____</b> |   |   |   |   |   |
| I have a high level of positive emotional energy in my life   | 1                              | 2 | 3 | 4 | 5 | 6 |
| I respond to emotional confrontation in a skillful way  | 1                              | 2 | 3 | 4 | 5 | 6 |
| I accept criticism and feedback gracefully and non-defensively  | 1                              | 2 | 3 | 4 | 5 | 6 |
| <b>Add up your scores in the three questions above (1,2,3,4,5,6) and divide by 28 which will give you a percentage point</b>        | <b>Percentage Point: _____</b> |   |   |   |   |   |
| I sustain attention for long period of time   | 1                              | 2 | 3 | 4 | 5 | 6 |
| I have strategies in place for facing in certain situations so that emails, calls, or other disruptions are eliminated or minimized | 1                              | 2 | 3 | 4 | 5 | 6 |
| I am honest with myself even when it is difficult to do so  | 1                              | 2 | 3 | 4 | 5 | 6 |
| <b>Add up your scores in the three questions above (1,2,3,4,5,6) and divide by 28 which will give you a percentage point</b>        | <b>Percentage Point: _____</b> |   |   |   |   |   |
| I am guided more by internal vision than by external pressures  | 1                              | 2 | 3 | 4 | 5 | 6 |
| What I say to others and myself reflects my purpose   | 1                              | 2 | 3 | 4 | 5 | 6 |
| I am selective about where I invest my energy to maximize my performance in all areas of my life                                    | 1                              | 2 | 3 | 4 | 5 | 6 |
| <b>Add up your scores in the three questions above (1,2,3,4,5,6) and divide by 28 which will give you a percentage point</b>        | <b>Percentage Point: _____</b> |   |   |   |   |   |

## ASSESSMENT RESULTS

Each dimension has a potential of 100% engagement and your indicator in each dimension shows your percentage of engagement in the given dimension. Add the 4 percentage points and then divide it by 400. This will give you the total percentage. For exam-



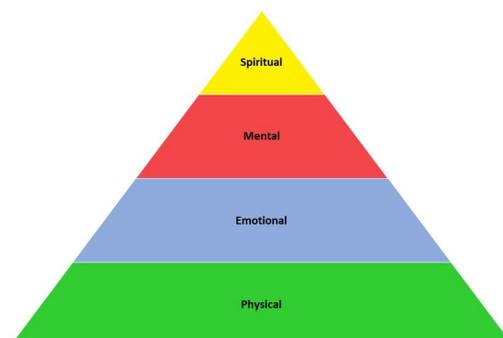
Each dimension is shown in a different color on the pyramid, the numeral value of each dimension represents your level of engagement in that dimension.

**Fully engaged (85% and above):** This suggests that your energy management skills are excellent. Your level of engagement is sufficient to fully ignite your talent and skills.

**Engaged (70% to 84%):** This success that your energy management skills are high, but not sufficient to fully ignite your talent and skills. You must work to expand your level of engagement.

**Disengaged (51% to 69%):** This suggests that significant obstacles stand in the way of fully igniting your talent and skills. To become an extraordinary perfumer, you must build significantly stronger energy management skills.

**Seriously Disengaged (50% and below):** your level of disengagement not only significantly undermines your ability to fully ignite your talent and skills, but also prompts disengagement in others. When levels of disengagement such as this persist over time, your health, happiness and productivity can be seriously compromised.



**Based on your assessment results, what action/s are you committing to take immediately?**

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**NOTES:**

# ACTION PLAN

DATE: \_\_\_\_\_

|    | ACTION | COMPLETION DATE |
|----|--------|-----------------|
| 1  |        |                 |
| 2  |        |                 |
| 3  |        |                 |
| 4  |        |                 |
| 5  |        |                 |
| 6  |        |                 |
| 7  |        |                 |
| 8  |        |                 |
| 9  |        |                 |
| 10 |        |                 |
| 11 |        |                 |
| 12 |        |                 |
| 13 |        |                 |
| 14 |        |                 |



## Goal Setting

**“Whatever the mind can conceive  
and believe it can achieve”**

Napoleon Hill