

What does it mean to “SHOW UP?”	What does it mean to lead?	What does it mean to “SHOW UP” as an effective leader?

	Core Thoughts	Core Feeling/ Emotion	Action/Result
Level 1	Victim	Apathy	Lethargy
Level 2	Conflict	Anger	Defiance
Level 3	Responsibility	Forgiveness	Cooperation
Level 4	Concern	Compassion	Service
Level 5	Reconciliation	Peace	Acceptance
Level 6	Synthesis	Joy	Wisdom
Level 7	Non-Judgment	Absolute Passion	Creation

	Behavior / Mentality	Winning Thought
Level 1	Victim	I lose.
Level 2	Fighter	I win. Therefore, you must lose.
Level 3	Rationalizer	I win and hopefully, you win too.
Level 4	Care Giver	You win.
Level 5	Opportunist	We ALL win or we don't play.
Level 6	Visionary	We always win.
Level 7	Creator	Winning and losing are illusions.

Which energy level do you see yourself resonating at most often?	If the energy levels are neither “good” or “bad,” why would I want to shift my energy?	How does my energy level impact the way I “SHOW UP” as a leader?

Own Where You Are		
What is working well for you in your leadership development?	What you learning about being a more effective leader?	What do you need to work on to be a more effective leader?

Welcome New Opportunities		
Where are your leadership opportunities?	Why is now the right time to pursue these leadership opportunities?	What’s holding you back from being a more effective leader and embracing these opportunities?

Use Your Genius		
What is your “Unique Professional Value Proposition?”	Where do you stand out better than anyone else?	Why should a new organization hire you because of your leadership?

Protect and Promote Your Brand		
Write three words or phrases people would say about your leadership presence?	Write three words or phrases people would not say about your leadership presence?	What do you want to do to increase your brand awareness and effectiveness as a leader?

Resources:

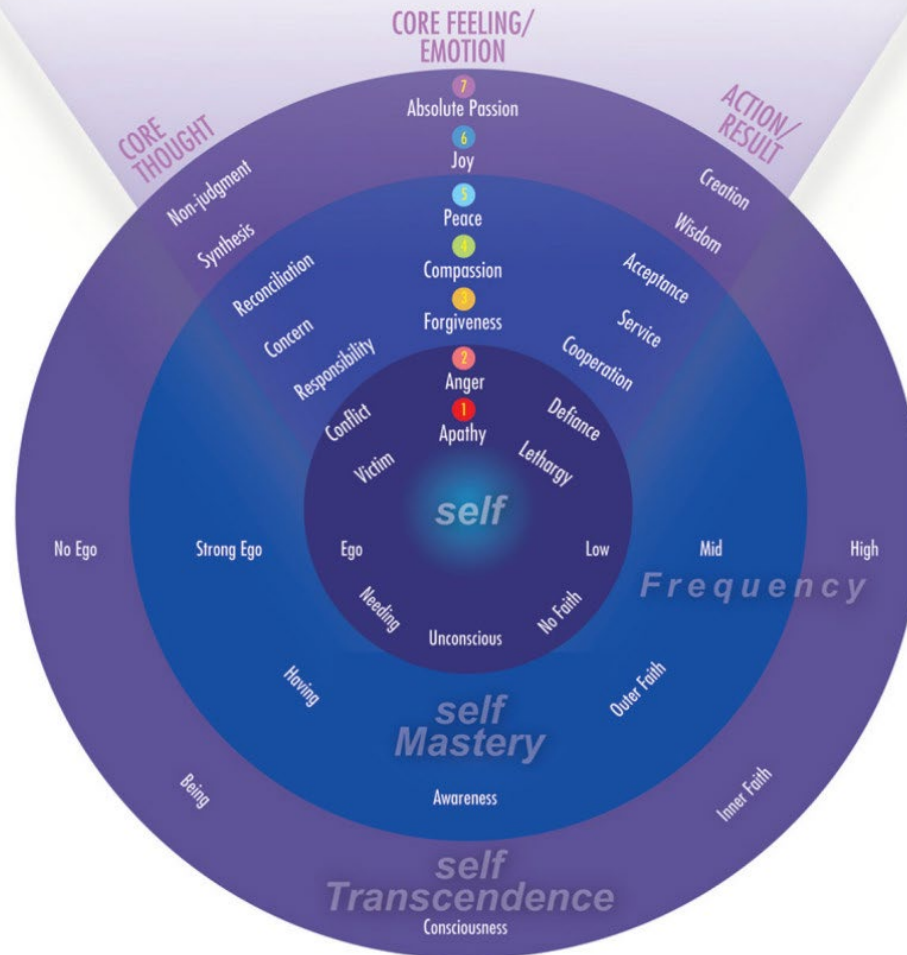
[Energy Leadership](#) by Bruce D Schneider

[Uncovering the Life of Your Dreams](#) by Bruce D Schneider

[How to Say Anything to Anyone](#) by Shari Harley

[SHOW UP – Six Strategies to Lead a More Energetic and Impactful Career](#) by John Neral

Energetic Self Perception



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