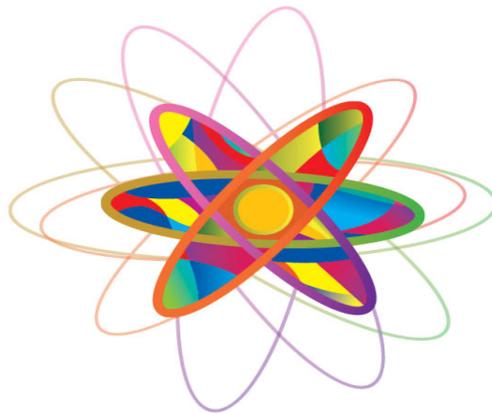


# Pro Energy Profiler Workbook

for  
Work, Lifestyle, and Leadership

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## Introduction

The **Pro Energy Profiler Workbook (PEP)**, in conjunction with your PEP assessment, provides detailed information, processes, and real-life success stories to help you:

- Define your distinct and personal style of energy, comprised of your innate interests.
- Identify specific skills and activities that most fully engage your innate interests.
- Discover what untapped innate interests you want to develop.
- Translate your key energizers into marketable assets.
- Create a vision and specific goals that guide and support you on the path of fulfillment in work, lifestyle, and leadership.

Have you ever noticed how you feel animated and empowered when your innate interests are fully engaged? Time seems to slip away when everything flows from your deepest interests.

You can't see innate interests but you know when you're in that special zone that engages them. You tap a powerful and sustaining energy source that gives you a sense of purpose and pleasure.

Without that sense, it can be hard to sustain a high-level of energy and proficiency in day-to-day activities.

Your innate interests are fundamental to who you are. You are born with them or with a predisposition to them. You can't create or change them in any significant way. But you can discover and apply the cluster of innate interests that make up your personal energy profile. And, like the thousands of individuals who have used this process in leadership assessment and professional development programs, you can use your personal energy profile to help you make better choices for lasting fulfillment in work, lifestyle, and leadership.

This workbook is a safe place to explore who you are and who you want to be. Enjoy the journey.

## Section I: Energy Sources

You get an extra boost of energy or charged up when you engage in activities that connect to your innate interests. On the other hand, when a negative relationship exists between what you are doing and your innate interests, you may feel drained and apathetic.

Confirm that for yourself by completing the following shortlist of activities that energize you and ones that do not.

### Energy Boosters and Drainers

<b>List 5 energizing activities</b> What boosts your energy in work and life?	<b>List 5 de-energizing activities</b> What saps your energy in work and life?

### Your Energy Connections

From DNA analysis we know that human beings are 99.9 percent identical in genetic makeup. But in terms of potential, we are unique.

Our uniqueness comes with gifts and challenges. We are fortunate when we engage in activities that tap our innate interests. We not only connect with a deep energy source but become more aware of opportunities for developing and realizing our potential.

Unfortunately, there are only a limited number of ways of discovering our potential. Living a long and full life, filled with a variety of experiences, is one way. Discovering who we are through intense periods of pain and failure, joy and success, is another.

Relying on experience alone, however, is a hit-or-miss proposition. We might chance upon self-knowledge through a variety of experiences. Or we might not. And even if we do, will we be able to act upon our newfound wisdom when we finally acquire it?

The Pro Energy Profiler and the processes in this workbook can facilitate a faster and easier way for realizing your potential.