



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING
THE POWER OF FULL ENGAGEMENT (SWPS SERIES I) – J. LOEHR & T. SCHWARTZ
YOUR EI/VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

ENTER YOUR CHOOSING/RANKING NUMBERS BELOW THAT YOU RECORDED ON
YOUR 4 COMPLETED SWPS™ PORTRAITS LEFT TO RIGHT ORDER 1, 2, 3, 4 BELOW

4 OUT OF 7 SWPS™ SERIES CHOICES:

SWPS# 1 SWPS# 3 SWPS# 5 SWPS# 7

4 CHOSEN SWPS PORTRAIT #'s	<u>1</u> <u>3</u> <u>5</u> <u>7</u>	SUMMATION BOX (SB's) #'s RANKING	1 2 3 4	<u>1</u> <u>2</u> <u>3</u> <u>4</u>
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4 CHOSEN SWPS PORTRAIT #'s	<u>1</u> <u>3</u> <u>5</u> <u>7</u>	CONCLUSION BOX (CB's) #'s RANKING	1 2 3 4	<u>7</u> <u>1</u> <u>2</u> <u>3</u>
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RANK YOUR 4 SWPS CHOICES

4 CHOSEN SWPS PORTRAIT #'s	<u>1</u> <u>3</u> <u>5</u> <u>7</u>	SWPS PORTRAIT #'s RANKING	1 2 3 4	<u>7</u> <u>1</u> <u>2</u> <u>3</u>
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EI/VBC'S® TRANSFORMS REASONING HABITS

This new method of thinking, "2D <=> 3D perception & perspective shifting," reveals insights as you record both obvious and hidden judgments while you recognize your choice-making patterns. Ultimately, you're using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBS's) that influence and define all aspects of your daily identity.

Use your EI/VBC's Choose-Rank-Reasons-Record-Retain (CR4™) pattern-revealing report to communicate multiple dimensions of meaningful feedback. Articulate new or evolved questions and possible unforeseen answers/solutions, as this SWPS™ series prompts you.

NAME (optional): WM

AFFILIATION (optional): _____

**OUR VISION:
AN ONLINE SWPS™ PATTERN
MATCHUP CENTER**

Let's use AI to discover ways to meet humanity's needs and provide fulfillment. Together we can compel Change Agents and Influencers to build an online space where SWPS™ are correlated and matched-up by a beneficially focused algorithm. The possibilities for improving mental health at all ages of life are endless and may build an exciting new frontier of hope, positivity, and unity.

Yes! This SWPS™ Series motivated me to impact social media/digital tech's future development. I am sending my CR4™ response report & my selected 4 SWPS™ with my feedback/suggestions to the email below.

INFO@EIB4AI.COM

EXPERIENTIAL INTELLIGENCE BEFORE ARTIFICIAL INTELLIGENCE

THE POWER OF FULL ENGAGEMENT (SWPS SERIES I) – J. LOEHR & T. SCHWARTZ

SHARED WISDOM PATTERNS SNAPSHOTS (SWPS™) HOTSPOTS OF 2D <=> 3D INSIGHT

EXPERIENTIAL INTELLIGENCE (EI) & VALUES BELIEFS CONVICTIONS® (VBC's)

EI includes everything experienced from "womb to tomb" that impacts & shapes Human self-identity Choose/Rank Judgment Patterns. VBC's® define your personal legacy of "senses driven" ability to perceive and interpret everything you experience 24/7 as either a Positive/Uncertain/Negative encounter in life. A SWPS™ 7 Portrait Series Choose & Rank Thinking Tool provides a comprehensional leap forward in better understanding the influences on one's life with your EI/VBC's Judgement Patterns decisions.

(1) The constant autonomic (unnoticed) perspective shifting with 2D<=>3D perception greatly influences interpreted meaning of any digital or printed image.

(2) The merging of Human General Intelligence Q&A thought and reasoning (HGI) with AI generated Artificial General Intelligence (AGI) programmed Q&A "thought" that creates our thinking identity.

THE POWER OF FULL ENGAGEMENT – SWPS SERIES I

The book authors Jim Loehr and Tony Schwartz present lasting wisdom about managing our thinking/physical energy. Even with today's rapid advancement with artificial intelligence allowing the USER to save "energy and time" these authors share discoveries about their work that we must not ignore. Their success with both athletes and business professionals in enabling a lasting increase in vigor and performance of strengthening/nurturing benefit using rituals/routines. No matter how digital technology continues to evolve and impact our management of energy and time we are human. Our conscious and subconscious self-identity behavior insures we will personally create either perceived good or bad rituals/routines that manifest our past/present/future imprinted patterns of life experiences. (WM has composited this Book's most impactful languaged Hotspots into SWPS Portrait Series for a quick but complete glimpse of the concepts/lessons that make this book's knowledge a life-changing roadmap.)

HOW TO COMPLETE A SWPS SERIES™ FOR AWARENESS ENHANCEMENT

CHOOSE 4 SWPS PORTRAITS

Skim/read the statements positioned around the RTH thinking head clockwise, 1,2,3,4 (or 1-8). Then scan the content in the Summation Boxes (SB) and Conclusion Boxes (CB) on each SWPS Portrait. Review all 7 SWPS Portraits in this series. Choose your 4 favorite SWPS Portraits and note this in the upper right hand corner of your chosen SWPS Portraits. 1st "✓" here to CHOOSE this SWPS _____

chose 1,3,5,7

REASONS NOTES

What new interpretive EI/VBC's insights have appeared? Write what you deem important on the feedback lines at the bottom of each chosen SWPS portrait.

EI/VBC's Judgement Insights:

RANK YOUR 4 SWPS PORTRAITS 1-4

Was it more EI self-awareness satisfying NOW to use your evolved complete brain focus as you rank your 4 chosen SWPS Portraits, 1-4, of this series?

Rank given to this SWPS:

1 7 2 5 3 1 4 3

Now RANK the 4 Summation Boxes (SB) on the 4 SWPS Portraits you chose.

Rank this Summation Box: *1 2 5 3 3 4 7*

Now RANK the 4 Conclusion Boxes (CB) on the 4 SWPS Portraits you chose.

Rank this Conclusion Box: *7 2 5 3 1 4 3*

RECORD/RETAIN

Now RECORD the choosing/ranking numbers (#'s) from completing this SWPS Series on the Response Report (page 10). RETAIN your 4 chosen SWPS Portraits and Response Report for future reviews to enhance your life success and satisfaction.



SHARE your recorded EI/VBC's Judgement pattern report with others. Email your 4 SWPS and Response Report with your comments to

INFO@EIB4AI.COM

TAKE A MINUTE TO REFLECT

Were you aware of any 2D<=>3D mental "intentional" shifting as you read the RTH Thinking Head statements? Can you recognize if you engaged your whole brain to choose your 4 SWPS Portraits? Were you aware of your EI/VBC's® Judgements forming in your thoughts? Did your reasoning go from left brain to right brain and back and forth as you ranked the SB's 1-4, CB's 1-4, on your 4 chosen SWPS?

Go to www.EIB4AI.com/NOWWHAT for further uses and suggestions.

Shared Wisdom Patterns Snapshots™ (SWPS™ #7)

1st "✓" here to CHOOSE this SWPS ____

Rank given to this SWPS

1__ 2__ 3__ 4__

The Power of Full Engagement (SWPS Series I) – J. Loehr & T. Schwartz

Rank this Summation Box: 1__ 2__ 3__ 4__

SUMMATION BOX (SB): *Grow Positive Rhythms/Rituals using Deeply Held Life Meaning as Fuel*
The challenge of great performance is to manage your energy more effectively in all dimensions to achieve your goals. There are 4 Key Energy Management Principles that drive this process. They lie at the heart of the change process and are critical for building the capacity to live a productive, fully engaged life.

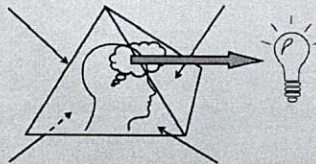
Book
Pages
9, 11,
13, 14



Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

Principle 1: Full engagement requires drawing on 4 separate but related sources of energy: physical, emotional, mental, and spiritual.

Principle 2: Because energy capacity diminishes both with overuse and underuse, we must balance energy expenditure with intermittent energy renewal.



Principle 4: Positive energy rituals – highly specific routines managing energy – are the key to full engagement and sustained performance. A positive ritual is a behavior that becomes automatic over time – fuelled by some deeply held value.

Principle 3: To build capacity, we must push beyond our normal limits, training in the same systematic way that athletes do.

Rank this Conclusion Box: 1__ 2__ 3__ 4__

CONCLUSION BOX (CB): *Sports Star Strategy-Harmonize Physical, Emotional, Mental, Spiritual Energy*
We use the word "ritual" purposefully to emphasize the notion of a carefully defined, highly structured behavior. In contrast to will and discipline, which require pushing yourself to a particular behavior, a ritual pulls at you. The power of rituals is that they ensure that we use as little conscious energy as possible where it is not absolutely necessary, leaving us free to strategically focus the energy available to us in creative, enriching ways. Creating positive rituals is the most powerful means we have found to effectively manage energy in the service of full engagement.

Book
Pages
9, 11,
13, 14

AS I USE THESE SWPS SERIES - I EVENTUALLY CAN GAINED EI/VBC'S INSIGHTS: GRASP THE POSITIVE IMPACT THESE PORTRAITS LIKE A MIGHT BRAIN LED FLASH OR MEANING RE-INFORCEMENT. IT STARTS AS A "Feeling Level" intelligence and rises to a conscious insight for self awareness benefit.

Shared Wisdom Patterns Snapshots™ (SWPS™ #5)

1st "✓" here to CHOOSE this SWPS _____

Rank given to this SWPS

1 ___ 2 ___ 3 ___ 4 ___

The Power of Full Engagement (SWPS Series I) – J. Loehr & T. Schwartz

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

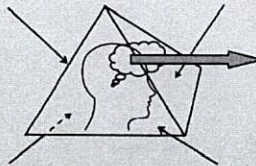
SUMMATION BOX (SB): *Grow Positive Rhythms/Rituals using Deeply Held Life Meaning as Fuel*
 The athlete/career/family self-evolvement processes are oscillatory. Oscillation also permits different parts of the brain to be activated. Many thinkers have sought to define the sequential steps of the creative process. Five stages are now widely recognized: **FIRST INSIGHT, SATURATION, INCUBATION, ILLUMINATION and VERIFICATION.**

Book
 Pages
 97, 98

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. The Nobel Prize-winning neurosurgeon Roger Sperry established that the two hemispheres of the brain have fundamentally different ways of processing information. The left hemisphere is the seat of language and operates in a sequential, step-by-step, time conscious way, arriving at conclusions based on logical deductions.

2. Sperry's breakthrough was his discovery that the right hemisphere has unique and often underappreciated qualities of its own. It is more visually and spatially adept and has a greater capacity to see things all at once and to relate the parts to the whole. Because the right hemisphere is less linear and time focused than the left, it is more inclined to solve problems by intuitive leaps and sudden insight.



4. The other three creativity stages – FIRST INSIGHT (the initial inspiration), INCUBATION (mulling over the ideas), and ILLUMINATION (the breakthrough) – are all associated with the right hemisphere. All three of these creativity stages focused in the right hemisphere tend to occur when we are doing something that Edwards calls "thinking aside" – not actively seeking answers or results. "In each of the stages," she writes, "your creative work occurs largely at an unconscious level – and often after the left hemisphere's consciousness, rational search for a solution has been exhausted.

3. In her book DRAWING on the RIGHT SIDE of the BRAIN, writer and art professor Betty Edwards has written brilliantly about the way that creativity involves cycling between the left and right hemisphere modes of thinking. Two of the five stages of creativity clearly depend most on the logical, analytical left hemisphere skills. In SATURATION, information is gathered in a methodical, step-by-step way from multiple sources. The fifth stage of the creative process, VERIFICATION, relies on analyzing, codifying and translating the creative breakthrough into rational accessible language.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Sports Star Strategy-Harmonize Physical, Emotional, Mental, Spiritual Energy*
 In short, the highest form of creativity depends on a rhythmic movement between engagement and disengagement, thinking and letting go, activity and rest – that is an oscillation between the left hemisphere and the right hemisphere. Both sides of the equation are necessary, but neither is sufficient by itself.

Book
 Pages
 97, 98

My whole LIFE MY LEFT BRAIN INTENSE FOCUS AND TAKE ACTION
 GAINED EI/VBC'S INSIGHTS: ~~POWER AS A CAREER/PERSONAL SUCCESS IS MANY TIMES SPORADIC BECAUSE I DO NOT MANAGE MY ENERGY.~~ BUT LASTING, CONSISTENT FOCUS AND DELIVERY IS ABOUT USING THESE BOOK HOTSPOTS TO PUSH & RECHARGE MY ENERGY LONG TERM FOR MORE CONSISTENT "BOOK STAR" LIKE RESULTS!

Shared Wisdom Patterns Snapshots™ (SWPS™ #1)

1st "✓" here to CHOOSE this SWPS ____

Rank given to this SWPS

1 ___ 2 ___ 3 ___ 4 ___

The Power of Full Engagement (SWPS Series I) – J. Loehr & T. Schwartz

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

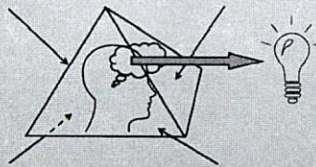
SUMMATION BOX (SB): *Grow Positive Rhythms/Rituals using Deeply Held Life Meaning as Fuel*
Energy, not time, is the fundamental currency of high performance. This insight has revolutionized our thinking about what drives enduring high performance. Everything you do – from interacting with colleagues and making important decisions to spending time with your families – requires energy. Obvious as this seems, we often fail to take into account the importance of energy at work and in our personal lives. We are compromised in any activity we undertake without the –

Book
Pages
4, 198
201

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Right quantity of energy.

2. Right quality of energy.



4. Maintaining the right energy intensity.

3. The right energy focus.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Sports Star Strategy-Harmonize Physical, Emotional, Mental, Spiritual Energy*
Every one of our thoughts, emotions and behaviors has an energy consequence for better or for worse. Performance, health and happiness are all grounded in the skillful management of energy. High positive energy flows from perception of opportunity, adventure and challenge (engagement). Negative energy is precipitated by the perception of threat, danger and fears of survival (avoidance).

Book
Pages
4, 198
201

These SWPS series (✓) perhaps are a
Gained EI/VBC's insights: re-vitalizing mantra to channel my
subconscious feeling which gave boats with negative
energy into positive high energy conversions!
I find I only need to reach for a SWPS series
response packet on days/nightly when something
cloudy or dark has diverted my paths focus.

Shared Wisdom Patterns Snapshots™ (SWPS™ #3)

1st "✓" here to CHOOSE this SWPS ____

Rank given to this SWPS

1 ___ 2 ___ 3 ___ 4 ___

The Power of Full Engagement (SWPS Series I) – J. Loehr & T. Schwartz

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Grow Positive Rhythms/Rituals using Deeply Held Life Meaning as Fuel*

The ultimate measure of our lives is not how much time we spend on the planet, but rather how much energy we invest in the time that we have. Performance, health and happiness are grounded in the skillful management of energy. This skillful management of energy, individually and organizationally makes possible something that we call full engagement.

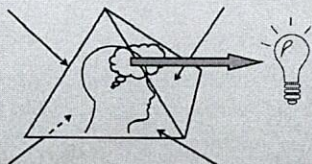
Book
Pages
4, 5, 6



Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. There are undeniably bad bosses, toxic work environments, difficult relationships and real life crises. Nonetheless, we have far more control over our energy than we originally realized.

2. The number of hours in a day is fixed, but the quantity and quality of energy available to us is not. It is our most precious resource. The more we take responsibility for the energy we bring to the world, the more empowered and productive we become.



4. It means being able to immerse yourself in the mission you are on, whether that is grappling with a creative challenge at work, managing a group of people on a project, spending time with loved ones or simply having fun.

3. To be fully engaged, we must be physically energized, emotionally connected, mentally focused and spiritually aligned with the purpose beyond our immediate self-interest.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Sports Star Strategy-Push/Recovery-Harmonize Physical, Emotional, Mental, Spiritual Energy*

Full engagement implies a fundamental shift in the way we live our lives. The data statistics collected by the Gallup Organization indicates a very high percentage of employees are seriously disengaged from their work. The cost of the disengaged workforce runs into the trillions of dollars. When you follow the energy management principles and the change process that we share on these pages, you will find that you are far more effective, both personally and professionally, in your actions and your relationships. Learning to manage energy more efficiently and intelligently has a unique transformative power, both individually and organizationally.

Book
Pages
4, 5, 6

I HAVE ALWAYS PONDERED THE DEEPER MEANING OF GAINED EI/VBC'S INSIGHTS: WHAT I AM MEANT TO DO WITH MY TIME ON THIS EARTH. (GIFTED ADULT SERIES). I AM DEVELOPING STRONGER PERMANENT "RITUALS" TO MANAGE & ACCESS MY LIFE FORCE'S ENERGY TO TAP INTO A PREVIOUSLY UNATTAINABLE LEVEL OF TRANSFORMATIVE POWER.



EXPERIENTIAL INTELLIGENCE BEFORE ARTIFICIAL INTELLIGENCE

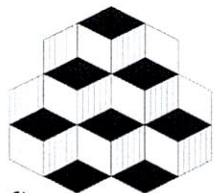
THE POWER OF FULL ENGAGEMENT (SWPS SERIES I) – J. LOEHR & T. SCHWARTZ

2D <=> 3D Perspective Shifting Overview

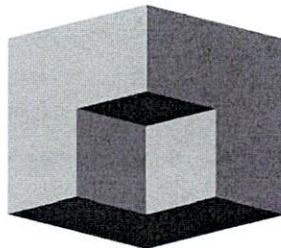
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

Connect with your self awareness to gain perspectives of your comprehension skills from whole brain, left brain, right brain that evolves complete brain thinking.

Automatic Shifting Autonomous Reasoning

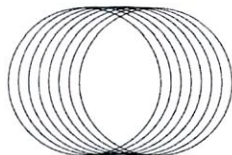


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



With continued inspection, the 2D drawing shifts from a cube with a corner missing to a cube in the corner. (Source unknown)

Friendly tip: Turn this page 90° to the right to enable quicker shifting.



Series of Rings: Either end of the series of rings may be seen at the near or far end of a tube.
(Sensation + Perception Pg 321, Fig 17.15d Schiffman)

Intentional Shifting Rational/Intuitive Reasoning

SUMMATION BOX (SB):

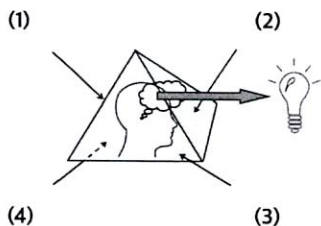
An introduction to the book's hotspot of the author's shared knowledge.

Reference
Book's
Pages

Read statements related to the hotspot topic clockwise, as they go around the 2D<=>3D RTH encapsulated thinking head.

4-sided RTH

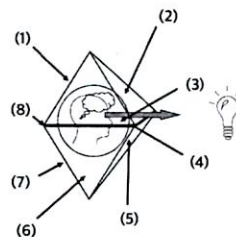
Thinking Head Commentary Collective



The RTH Thinking Head Commentary Collective (4 or 8 sided) transcends 2D<=>3D "this or that" perception habits and escalates a complete brain understanding for viewing. The SB and CB components of the SPWS Portrait allowing a Left to Right Brain - back and forth shifting.

8-sided RTH

Thinking Head Commentary Collective



CONCLUSION BOX (CB):

Insights that add guidance to take action or a decision making process.

Reference
Book's
Pages

Retain these "Complete Brain" insights of awareness-shifting as you choose/rank your 4 chosen SWPS™.

Shared Wisdom Patterns Snapshots™ (SWPS™ #2)

1st "✓" here to CHOOSE this SWPS _____

Rank given to this SWPS _____

The Power of Full Engagement (SWPS Series I) – J. Loehr & T. Schwartz

1 ___ 2 ___ 3 ___ 4 ___

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Grow Positive Rhythms/Rituals using Deeply Held Life Meaning as Fuel*

As word spread about our success in sports, we received numerous requests to export our model into other high-performance venues. Today, the bulk of our work is in business – with executives and entrepreneurs, managers and salespeople, and more recently with teachers and clergy, lawyers and medical students. Along the way we discovered something completely unexpected: the performance demands that most people face in their everyday work environments dwarf those of any professional athletes we have ever trained. How is that possible?

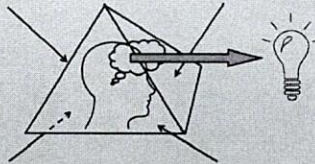
Book
Pages
8, 9

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Professional athletes typically spend about 90 percent of their time "training", in order to be able to perform 10 percent of the time. Their entire lives are designed around expanding, sustaining and renewing the energy they need to compete for short, focused periods of time.

No choice

2. At a practical level, they built very precise routines for managing energy in all spheres of their lives – eating and sleeping; working out and resting; summoning the appropriate emotions; mentally preparing and staying focused; and connecting regularly to the mission they have set for themselves.



4. Finally professional athletes have an average career span of 5 to 7 years. If they have handled their finances reasonably well, they are often set for life. Few of them are under pressure to run out and get another job.

3. Most professional athletes also enjoy an off season of 4 to 5 months a year. After competing under extraordinary pressure for several months, a long off-season gives athletes the critical time that they need for rest and healing, renewal and growth.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Sports Star Strategy-Harmonize Physical, Emotional, Mental, Spiritual Energy*

By contrast, your "off season" likely amounts to a few weeks of vacation a year. Even then, you probably aren't solely resting and recovering. More likely you are spending at least some of your vacation time answering emails, checking your voicemail and ruminating about your work. Although most of us spend little or no time systematically training in any of these professional athletes given examples, we are expected to perform at our best for eight, 10 and even 12 hours a day. Also, you can probably expect to work for 40 to 50 years regarding income producing employment without any significant breaks.

Book
Pages
8, 9

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #4)

1st "✓" here to CHOOSE this SWPS _____

Rank given to this SWPS

1 ___ 2 ___ 3 ___ 4 ___

The Power of Full Engagement (SWPS Series I) – J. Loehr & T. Schwartz

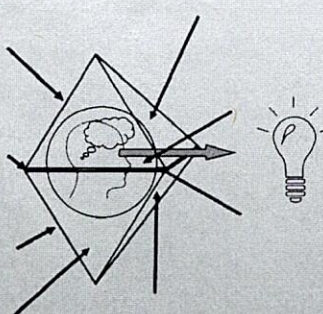
Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Grow Positive Rhythms/Rituals using Deeply Held Life Meaning as Fuel*
Holding opposites – the deepest expression of emotional capacity is the ability to experience a full range of feelings. Because it is so difficult for the mind to hold contradictory impulses, our tendency is to choose up sides, valuing certain emotional skills while neglecting and even disparaging others. We may –

Book
Pages
91, 92

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

NOT CHOOSE



1. Overvalue toughness and undervalue tenderness, or do just the reverse
2. Overvalue self-control and undervalue spontaneity
3. Or do this with – honesty and compassion
4. Or overvalue generosity and undervalue thriftiness
5. Or with openness and discretion
6. Or with – passion and detachment
7. Overvalue patience and undervalue urgency
8. Or do this with – caution and boldness – as well as confidence and humility

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Sports Star Strategy-Harmonize Physical, Emotional, Mental, Spiritual Energy*
No emotional capacity better serves depth and richness more than a willingness to value feelings that seem contradictory and not to choose up sides between them.
The ultimate goal is to move more freely and flexibly between our own opposites.

Book
Pages
91, 92

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #6)

1st "✓" here to CHOOSE this SWPS _____

Rank given to this SWPS _____

The Power of Full Engagement (SWPS Series I) – J. Loehr & T. Schwartz

1 ___ 2 ___ 3 ___ 4 ___

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Grow Positive Rhythms/Rituals using Deeply Held Life Meaning as Fuel*
To function at our best, we need to draw on 4 sources of energy that are each fueled differently. Physical Energy, Emotional Energy, Mental Energy, and Spiritual Energy. The most fundamental source of energy is Physical. The most significant is Spiritual.

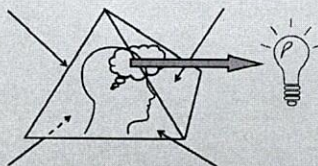
Book
Pages
48,73,94,
110, 198

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. **Physical Energy** is fundamental and is fueled by good nutrition, a high level of fitness, sufficient sleep, proper hydration, and, perhaps surprisingly, positive body language.

Not shared

2. **Optimal Emotional Energy** is fueled by a connection to others, and the regular experience of joy and gratitude. It is characterized by security, confidence, empathy, optimism, and resilience.



4. **Spiritual Energy** (morale) fuels passion, commitment and perseverance. It is grounded in a commitment to something larger than ourselves and an alignment between our most deeply held values and our everyday behaviors.

3. **Mental Energy** fuels focus. Cultivating mental (cognitive) energy makes it possible to move more freely between narrow, concentrated focus and open, creative, big picture focus.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Sports Star Strategy-Harmonize Physical, Emotional, Mental, Spiritual Energy*
All 4 energy dimensions are critical. To perform at our best, we must skilfully manage each of these interconnected energies. Subtract any 1 and your capacity to fully ignite your talent and skill is diminished.

Book
Pages
48,73,94,
110, 198

Gained EI/VBC's insights: _____
