

Spiritual Dimension



Aspects of Spiritual Energy include:

- Purpose
- Vision
- Overall Goals
- Connection
- Beliefs
- Attitude
- Values
- Desires
- Conscious awareness / perspective
- Future Perspective (forward looking)
 - Short term
 - Long term

Mental Dimension



Aspects of Mental Energy include:

- Presence in the moment
- Alertness
- Concentration
- Focus
- Clarity
- Ability to access intelligence
- Intuition
- Decision making ability
- Degree of stimulation

Emotional Dimension



Aspects of Emotional Energy include:

- Stress response
- Excitement
- Hormonal activity
(creating the right
chemical
formulation for the
task at hand)
- Emotional awareness
- Emotional understanding
- Emotional expression
- Emotional control
- Degree to which needs
are met

Physical Dimension



Aspects of Physical Energy include:

- Sleep
- Nutrition
- Eating habits
- Mechanics
(movement for activities)
- Biomarkers
- Feelings (physical sensations)
- Flexibility
- Exercise
 - Strength
 - Endurance
- Environment
 - Home
 - Work