

THE ENERGY QUADRANTS

ENERGY - QUANTITY

HIGH

Survival Zone

IMPATIENT
IRRITABLE
FRUSTRATED
ANGRY

DEFENSIVE
FEARFUL
ANXIOUS
WORRIED

Performance Zone

CALM
OPTIMISTIC
CHALLENGED
ENGAGED
INVIGORATED

ENERGY - QUALITY

NEGATIVE

POSITIVE

Burnout Zone

EXHAUSTED
EMPTY
DEPRESSED
SAD
HOPELESS

Renewal Zone

CAREFREE
PEACEFUL
RELIEVED
MELLOW
RECEPTIVE

LOW