

# Energetic Influencers (SMEPSEs)

This worksheet is designed to help you analyse the impact of the six energetic influencers on your life. The six influencers are:

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|---|---|
| 1. Spiritual<br>Sense of contribution and connection to inner purpose, values and mission | 4. Physical<br>Ability to move and take physical action, including use of voice |
| 2. Mental<br>Amount of brainpower available   | 5. Social<br>Relationships with other people                                    |
| 3. Emotional<br>Ability to assess, process and manage emotions                            | 6. Environmental<br>Settings or conditions of the surrounding area              |

In the following pages, fill out the boxes by identifying the different people, places, things or situations that have either an enhancing or detracting impact for that influencer category.

Then, within each category, identify one area within *your* control that you will commit to making a change.

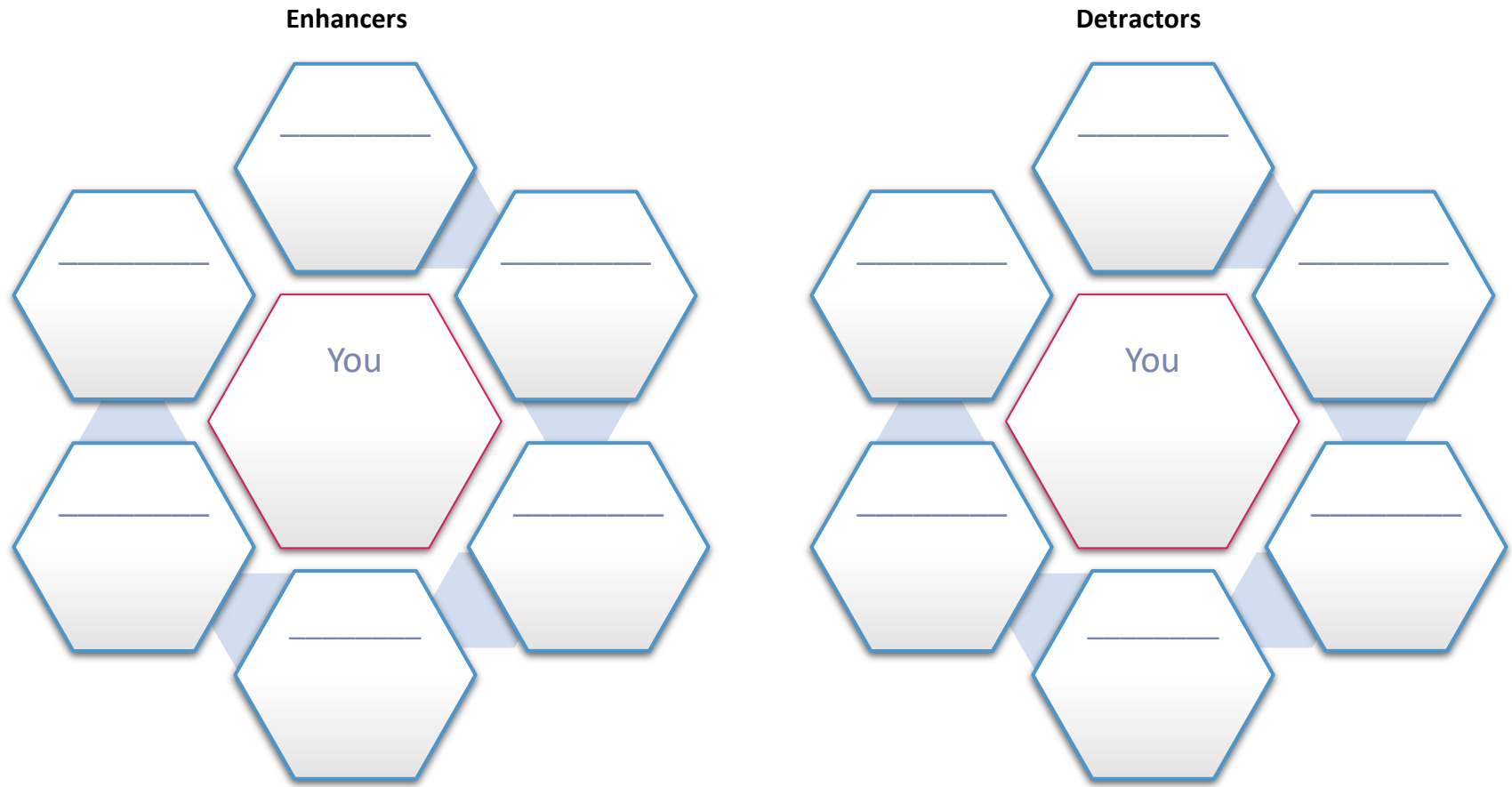
Consider whether the change will be:

- Avoid it
- Ignore it
- Accept it
- Change it
- Change your perspective about it
- Embrace it

## Spiritual

What are the enhancers and detractors from sense of contribution and connection to inner purpose, values and mission?

*Some examples: alignment with personal vision; faith/trust in self or others; ability to achieve life balance; resilience; determination; seeing connection between personal goals and the goals of the organization.*



What is in your control that you can improve your spiritual influencers and how will you improve it?

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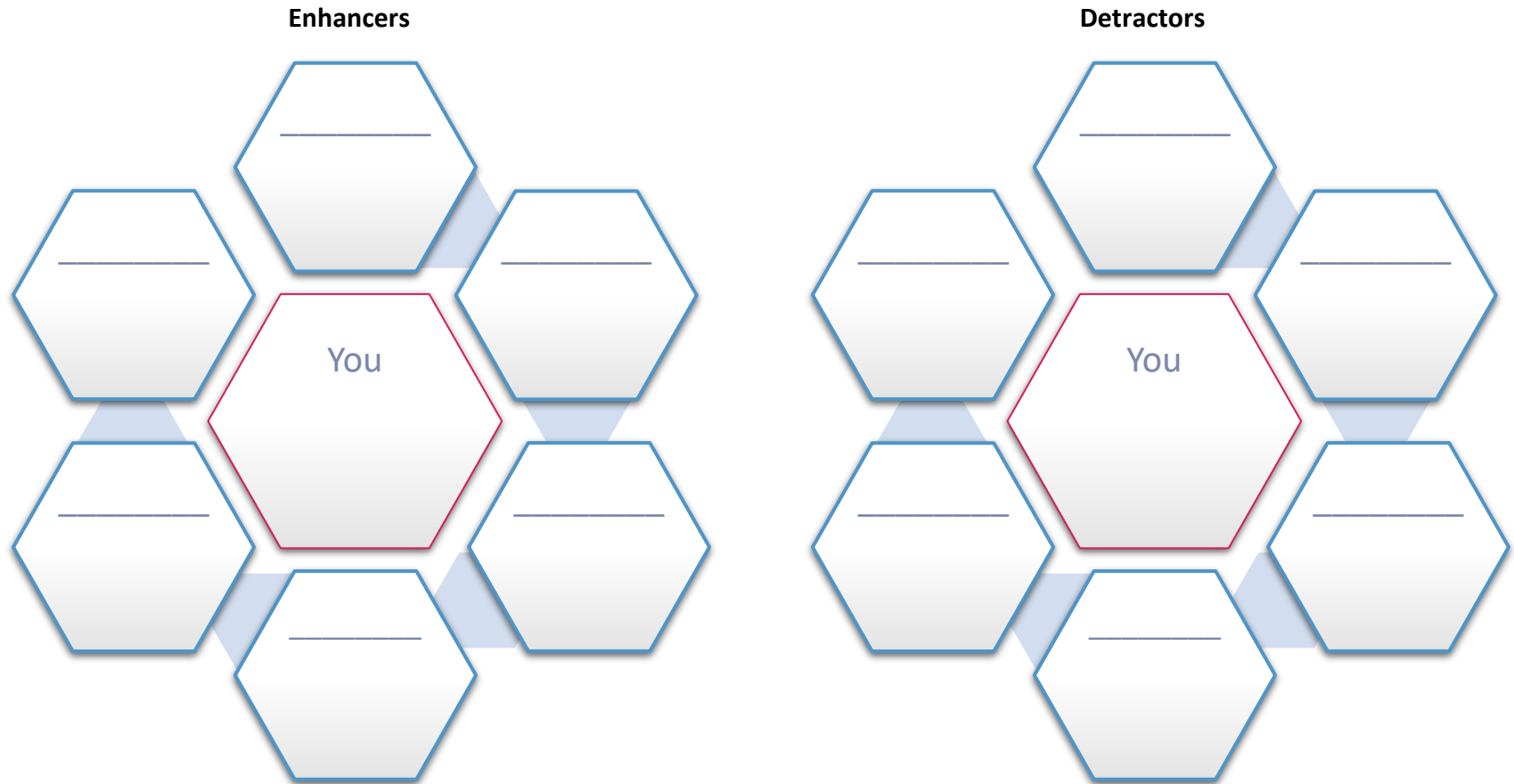
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## Mental

What are the enhancers and detractors from how much brainpower is available?

*Some examples: ability to access your intuition; clarity for short- or long-term planning; ability to focus/concentrate; ability to make decisions; degree of mental stimulation; alertness.*



What is in your control that you can improve your mental influencers and how will you improve it?

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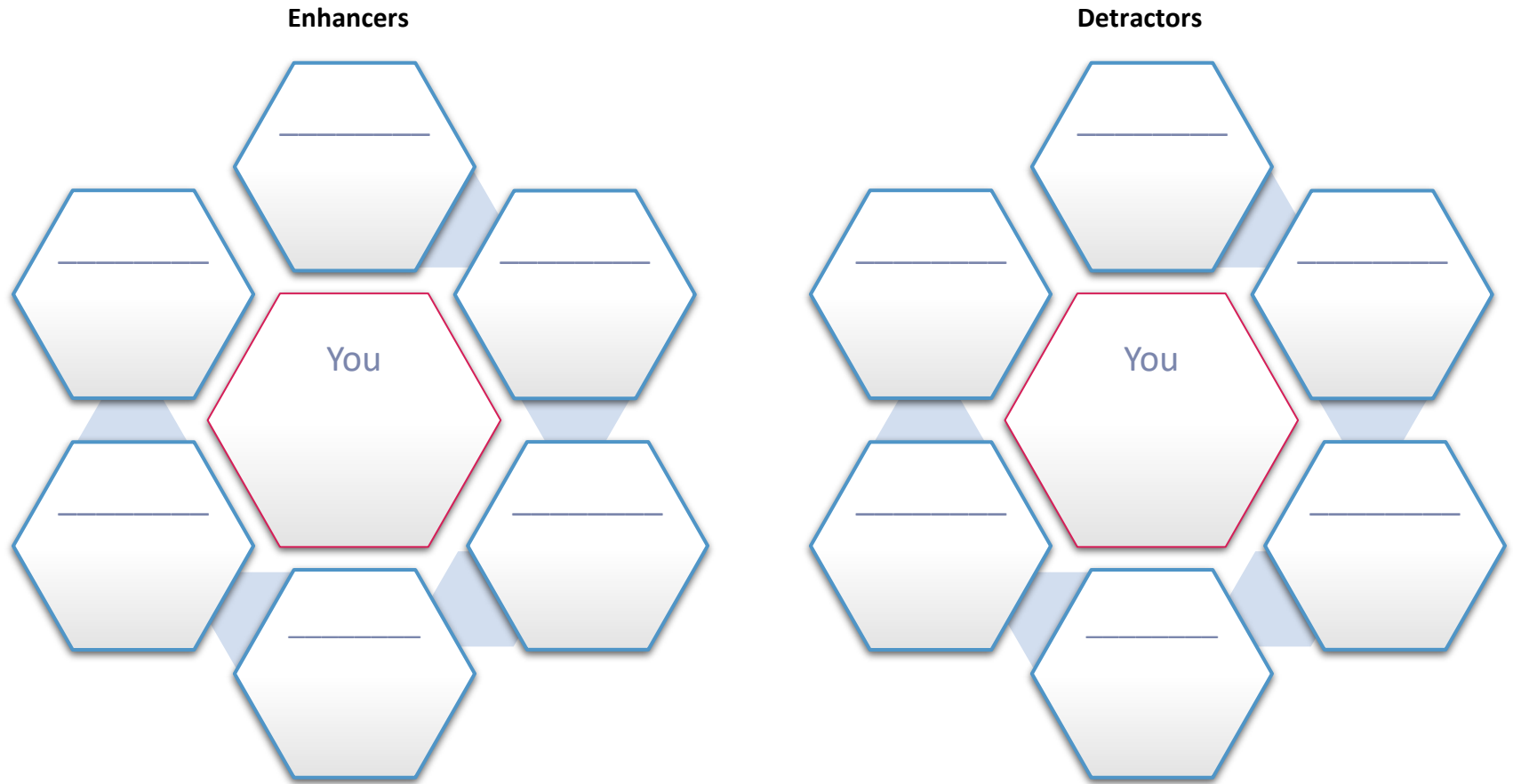
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# Emotional

What are the enhancers and detractors from the ability to assess, process and manage emotions?

*Some examples: ability to manage stress response; emotional awareness, understanding, expression and control; desired emotional stimulation.*



What is in your control that you can improve your emotional influencers and how will you improve it?

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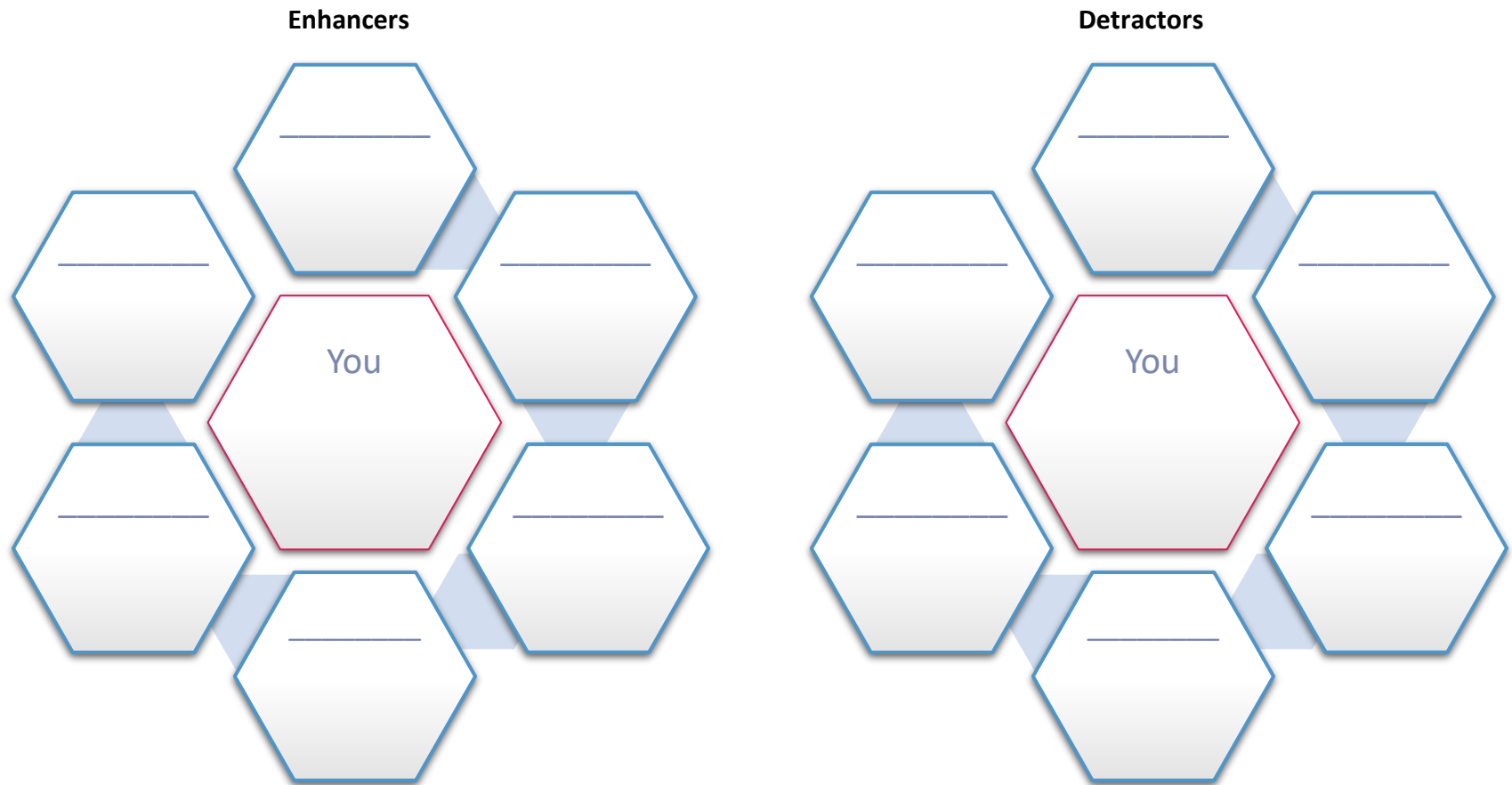
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## Physical

What are the enhancers and detractors from the ability to move and take physical action, including voice?

*Some examples: adequate sleep; proper nutrition; sufficient exercise (strength & endurance); overall health; ability to execute movement required for desired activity; ability to project voice.*



What is in your control that you can improve your physical influencers and how will you improve it?

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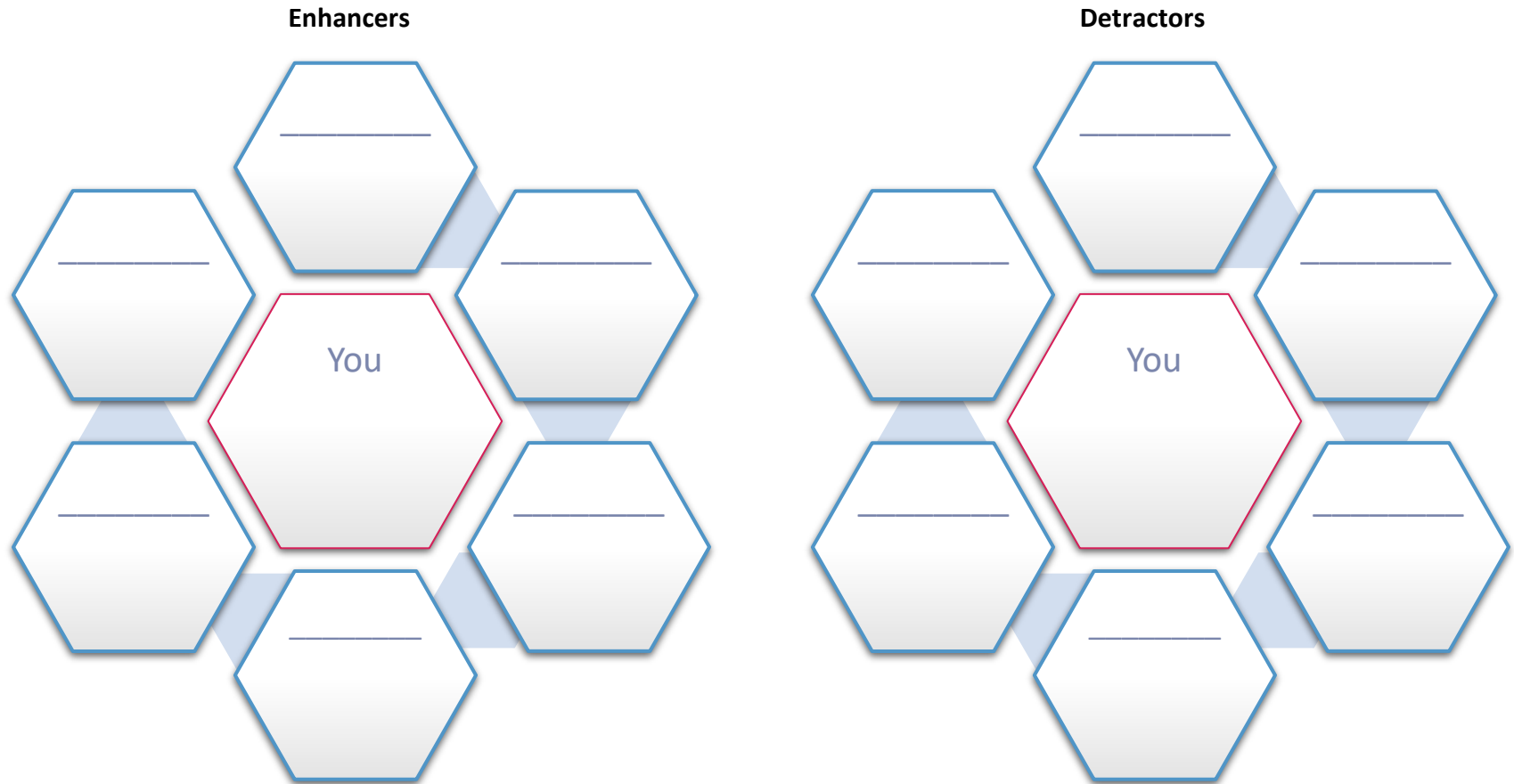
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## Social

What are the enhancers and detractors from relationships with other people?

*Some examples: ability to influence and communicate with others; presence of the desired culture; presence of a support network; accountability; access to nurturing relationships; attitude of working with or competing against others.*



What is in your control that you can improve your social influencers and how will you improve it?

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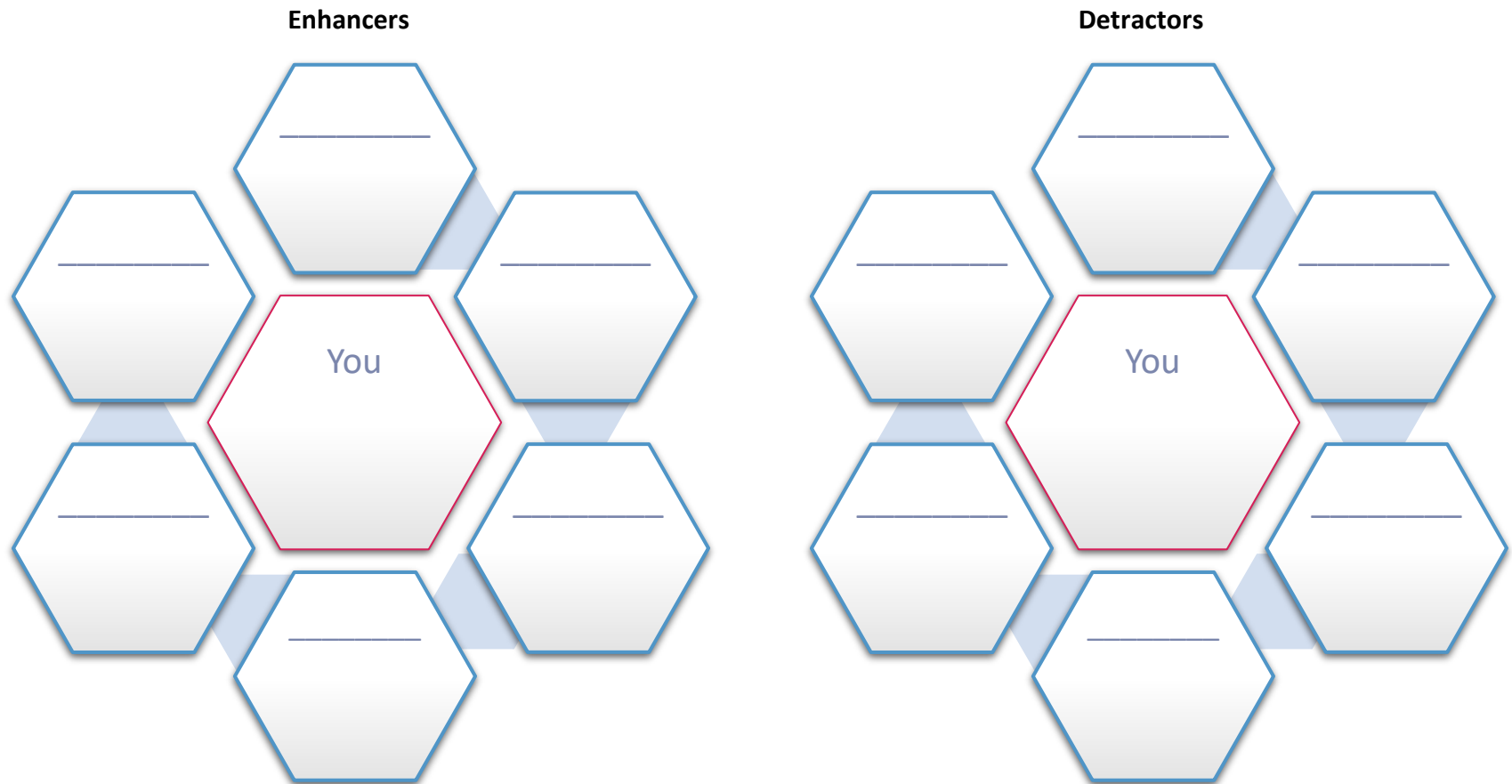
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## Environmental

What are the enhancers and detractors from the settings or conditions of the surrounding area?

*Some examples: climate/temperature; lighting; comfort; adequate equipment; sufficient privacy; ease of collaborating with others; access to technology.*



What is in your control that you can improve your environmental influencers and how will you improve it?

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