

# Energy Ladder Self Reflection

Your energy as a leader influences how you deal with problems, communicate and interact with others and ultimately the environment you create. Understanding the impact of your energy is critical for Leading Self.

## WHY Do It?

Reflect on the impact of your personal energy so you can be as effective as possible.

## WHAT You Need

- ☐ Approximately 20 minutes with no distractions
- ☐ Keep a copy of this completed worksheet

## WHEN To Try It

Anytime.

## WHO Is Involved?

This activity is designed for your own personal reflection. However the questions can be used as prompts with peers or team members also.

## Energy Ladder Snapshot

The Energy Ladder outlines a range of feelings that you may have in any given day.



The more constructive feelings are higher in the ladder, above ‘curiosity’. This is where creativity, innovation, engagement, satisfaction and happiness can thrive.

The feelings below ‘curiosity’ on the ladder can be more destructive. Disengagement, absenteeism, sickness, lower productivity, aggression and command control behaviours can occur. Experiencing a range of feelings is normal, we are human!. However when your feelings negatively impact your effectiveness and those around you, that is when there is an issue.

You should aim to be above ‘Curiosity’ on the ladder which is the tipping point. When you are curious your brain is open, you can explore new ideas and opportunities. Curiosity involves asking questions to check understanding and challenge assumptions, listening and learning new things. This can be exciting and avoids being stuck in a destructive or passive space.

When you and others around you are curious, great things can happen. So it is important you are consciously aware of your feelings and its impact.

# Energy Ladder Self Reflection

Be as honest as you can when completing the following questions.  
For the final column for each area of reflection, try to seek feedback from different people to answer it.

## My Current Energy

| Where are you on the Energy Ladder? | Why are you there? What is happening? | What is the impact of this energy on yourself and others? |
|-------------------------------------|---------------------------------------|---|
|                                     |                                       |   |

## My Past Energy

| Think about a time when you felt your best, where were you on the Energy Ladder? | Why were you there? What was happening? | What was the impact of this energy on yourself and others? |
|--|---|--|
|  |   |  |

## My ‘Curiosity’

| How can you keep your energy at the tipping point – curiosity? | How can you help others stay at or above curiosity in the ladder? | What is the impact of staying at or above Curiosity for yourself and others? |
|--|---|--|
|  |   |  |

## Reflection

- What is the impact of your energy as a leader?
- What do you need to be more mindful of?
- What actions can you take?