



# Internal Energy Map

**STYLE**  
*How You Act*

**Driving Style**  
Direct  
Decisive  
Driving  
In Control

**Influencing Style**  
Inspirational  
Influencer  
Interactive  
Optimistic

**Steady Style**  
Supportive  
Stable  
Sensitive  
Reliable

**Careful Style**  
Competent  
Compliant  
Critical Thinker  
Detailed Oriented

**PASSION**  
*Why You Act*

**Knowledge**  
Learn  
Understand  
Analyze

**Results**  
Practical  
Useful  
Bottom Line

**Creativity**  
Create  
Harmony  
Balance

**People**  
Help  
Serve  
Teach/Coach

**Leading**  
Power  
Energetic  
Impact

**Tradition**  
Values  
Standards  
Cause

**MINDSET**  
*What You Focus On Most*

**People**  
Empathy  
Sensitivity  
Relationships

**Process**  
Systems  
Processes  
Procedures

**Systems**  
Vision  
Mission  
Values