



PURPOSED LIVES

LIFE ENERGIES

Since all energies are accessible to us, you will recognize part of yourself in each area.

The descriptors of one energy, however, will feel more familiar to you - it will describe your fundamental tone.

ALIVENESS Energy

An **innovator**... interactive...
positive outlook... zest for living

Enthusiastic

Visible

Spontaneous

Intense

Compassionate

Open

Sharing

Vibrant

Desires: openness... fewer rules...
new experiences... relationships

Brings: enthusiasm... support...
spontaneity... starts... experiences

TRUTH Energy

A **seeker**... analytical... sees the
whole picture... introspective

Observant

Sincere

Attentive

Understanding

Knowing

Quiet

Serious

Gentle

Desires: meaning... no conflict...
times of solitude... abundance

Brings: intensity... intimacy...
depth... clarity... impeccability

WORKABILITY Energy

A **realist**... oriented to success...
committed... motivated by challenge

Focused

Responsible

Productive

Steadfast

Companionable

Organized

Competent

Reliable

Desires: order... no problems...
completion... sense of satisfaction

Brings: stability... organization...
credibility... cooperation... safety

Adapted from Living On Purpose by Brown, Paulson and Wolf

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