

Energy You	
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Now, you're going to start playing.

The main aim of this activity is to understand and realise about your own level of energy. You'll go through a series of questions asking about different topics (yourself, your relations, your expectations in life, etc.) and you'll get an instant insight about them.

While taking the poll, reflect on them to analyse your current state, and how external events or happenings can affect you in this moment.

All these different perceptions and feelings we all have affect our daily life as well as the relations we have at home, at work, etc. When working in groups, how we act or the things we say can affect in unexpected ways to other persons. So this questionnaire is a particularly good tool to be used for teamwork, to measure how the group is at that moment.

Also, when you are going to expose your idea or project to other agents in order to establish new partnerships or get funding for it, you should take all these factors in mind and prepare your speech as best as possible.

As additional information you may have into account what neurolinguistics programming teach us about the three axis of life in order to understand who you are and who could be.

- One axis is about dreams you have and the realities you accomplish how it affects you.
- Second axis is about how your past life (connected to your family, to your values, to your moral, to your religion) affects your present life.
- And the third one is how you face death and life for defining how positive you feel in life.

An individual assessment can help you to understand you better and make you think. When performed in teams this tool gives valuable information for facing common projects.

Fill the form and get to know yourself!

>>ACCESS THE ASSIGNMENT [HERE](#)<<