

ENGAGEMENT TRACKER

PROTOTYPE



Thought
(Beliefs,
Assumptions)



Behavior

Use this prototype to determine where you are on the spectrum of stress response to success response. Check out the other levels to decide if your current level of engagement is serving you best, or if you want to move to a different level of engagement.

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ENGAGEMENT TRACKER

Which of the emotions below best describes how you are feeling right now?

Click the button on the left to find out.



7

Fearless, free, unconditional love

6

Enthusiastic, empathetic, joyful

5

Trusting, empowered, confident

4

**Sympathy, compassion,
appreciated, grateful**

3

Protective, dissatisfied, ambivalent

2

Angry, frustrated, defensive

1

**Discouraged, overwhelmed,
unappreciated, guilty**

LEVEL 1 ENGAGEMENT

I want to get away from what's stressing me

Driving Thought:

"I'm not good enough"

- Inadequate
- Lack of control
- Victim
- Self-doubt, self-pity

Associated emotions

- Discouraged
- Overwhelmed
- Unappreciated
- Guilty
- Humiliated
- Apathetic

Typical Behaviors

- Withdraw, hunker down
- Procrastinate
- Stop trying

Explore other levels

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LEVEL 2 ENGAGEMENT

I want to confront what's stressing me

Driving Thought:

"You're not good enough"

- It's your fault
- Black and white thinking around right and wrong, good and bad.

Associated emotions

- Anger
- Frustration
- Distrust
- Defensive
- Impatient

Typical Behaviors

- Confront
- Attack
- Blame
- Coerce
- Control

Explore other levels

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LEVEL 3 ENGAGEMENT

I want to rationalize what's stressing me

Driving Thought:

"I need to do this"

- "Me First"
- Taking responsibility
- Forgiving
- I can deal with this

Associated emotions

- Relief
- Ambivalent
- Anxious
- Dissatisfied

Typical Behaviors

- Cooperation
- Meeting objectives, deadlines
- Manipulating
- Coping, tolerating
- Getting stuff done and getting by

Explore other levels

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LEVEL 4 ENGAGEMENT

I want to help fix what's stressing you

Driving Thought:

"You need my help"

- Concern
- "I know what will help you"
- Wanting to be recognized, appreciated

Associated emotions

- Sympathy
- Compassion
- Gratitude
- Desire to feel needed

Typical Behaviors

- Trying to meet the needs of others
- Fixing someone's problem according to the solution you know

Explore other levels

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LEVEL 5 ENGAGEMENT

Let's create opportunity together

Driving Thought:

“Let's do this together”

- Understanding the perspective of others
- Working together creates better opportunities and outcomes
- Seeing strengths in differences

Associated emotions

- Trust in self and others
- Empowered
- Confident
- Satisfied

Typical Behaviors

- Collaboration
- Considering and understanding other perspectives
- Helping others create their best solution

Explore other levels

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LEVEL 6 ENGAGEMENT

I want to fulfill my sense of purpose

Driving Thought:

“I can see the big picture”

- We all win
- “Great ideas seem to just come to me”

Associated emotions

- Enthusiasm
- Empathy
- Ease
- Joy

Typical Behaviors

- Creating
- Connecting with others
- Innovating
- “In the zone”

Explore other levels

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LEVEL 7 ENGAGEMENT

Being my true self

Driving Thought:

“I gotta be me! (and I love that)”

- I create my life
- Non-judgment (especially of oneself)
- It's about the experience!

Associated emotions

- Freedom
- Fearlessness
- Unconditional love

Typical Behaviors

- Being in the moment
- Taking action without fear
- In the “flow”

[Explore other levels](#)

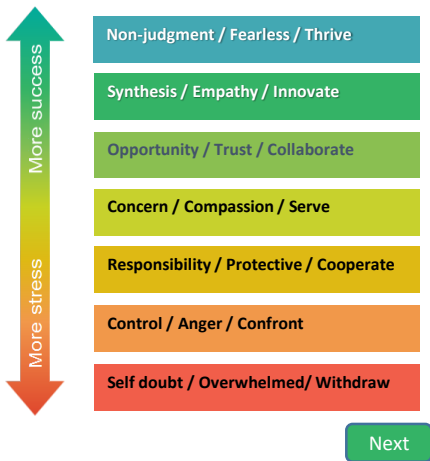
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ENGAGEMENT TRACKER

Emotions, stress and success responses,
and levels of engagement

The seven [LEVELS OF ENGAGEMENT](#) describe a spectrum of thoughts, emotions, and actions that span the range of [stress responses](#) to [success responses](#). Follow these links to videos where you can learn more. This framework is adapted from the principles of *Energy Leadership* developed by Dr. Bruce Schneider, a psychologist and founder of the Institute of Professional Excellence in Coaching.



ENGAGEMENT TRACKER

Emotions, stress and success responses, and levels of engagement

STRESS is a neurophysiologic response that serves to protect us from a threat, whether it is real or perceived. This is the classic “fight or flight” response, which can be triggered by a perceived threat in nanoseconds!

A **SUCCESS** response comprises neural networks which allow us to consider complex situations, make decisions in the face of uncertainty or ambiguity, think creatively, and take action confidently and without fear.

Whether we are in a stress response or a success response is determined by how we **perceive ourselves and our circumstances**, and that is shaped over our lifetime by how we have trained our brain to interpret situations.



Major life changes
Work
Relationships
Money
Children and family
Health
Media overstimulation
Sleep disruption



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ENGAGEMENT TRACKER

Emotions, stress and success
responses, and levels of engagement

What are the key considerations for exploring these levels of engagement?

1. The sequence of events to creating any action or behavior is that a *Thought* evokes a *Feeling or Emotional response*, which in turn creates a *Behavior or Action*. Thoughts can include *Beliefs* and *Assumptions* we have developed.
2. At every level of engagement, we *feel better* than at the preceding level. This is a very powerful, yet often obscure, motivator of our behavior.
3. The lower engagement levels are associated with a catabolic stress response, using up our energy and often taking energy from others.
4. The higher engagement levels are anabolic and build us up. We literally become more than we were, by tapping into our creative genius, intuition, and widest view of what is possible. *This is where our success is created.*
5. None of the levels is “better” than another. Each engagement level has its advantages and disadvantages, and each level can serve us, depending on the situation. The trick is to be *aware* of these characteristics and apply them in a *conscious* way.

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Learning more about your Levels of Engagement and Energy Leadership.

A great way to understand how the Levels of Engagement can best serve you is to take the Energy Leadership Index (ELI) assessment and discuss how to use your results with a coach who is a certified Master Practitioner in the assessment tool. Experience for yourself how to navigate the spectrum of stress responses and success responses. Dr. Mike Murray is a leadership and innovation coach who is certified to administer the ELI assessment.



Mike Murray, DVM, MS, CPC
Leadership and Innovation Coach

[Contact Mike Murray](#)

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