Energy State Grid

High Energy

Quadrant III	Quadrant I
High Negative	High Positive
Angry	Helpful
Fearful	Hopeful
Anxious	Joyful
Defensive	Connected
Resentful	Confident
Low Negative	Low Positive
Depressed	Reflective
Exhausted	Serene

Positive Energy

Negative Energy

Quadrant IV Quadrant II Low Energy

Relaxed

Tranquil

Peaceful

Burned Out

Hopeless

Defeated