

Loving Your Neighbor Well

2025 Evergreen Leadership Retreat

Spiritual Energy Level Inventory

Content inspired by
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from Regional
Executive Retreat
December 2024.



How is it with your soul?

Before loving your neighbor well,
think of how well you are.

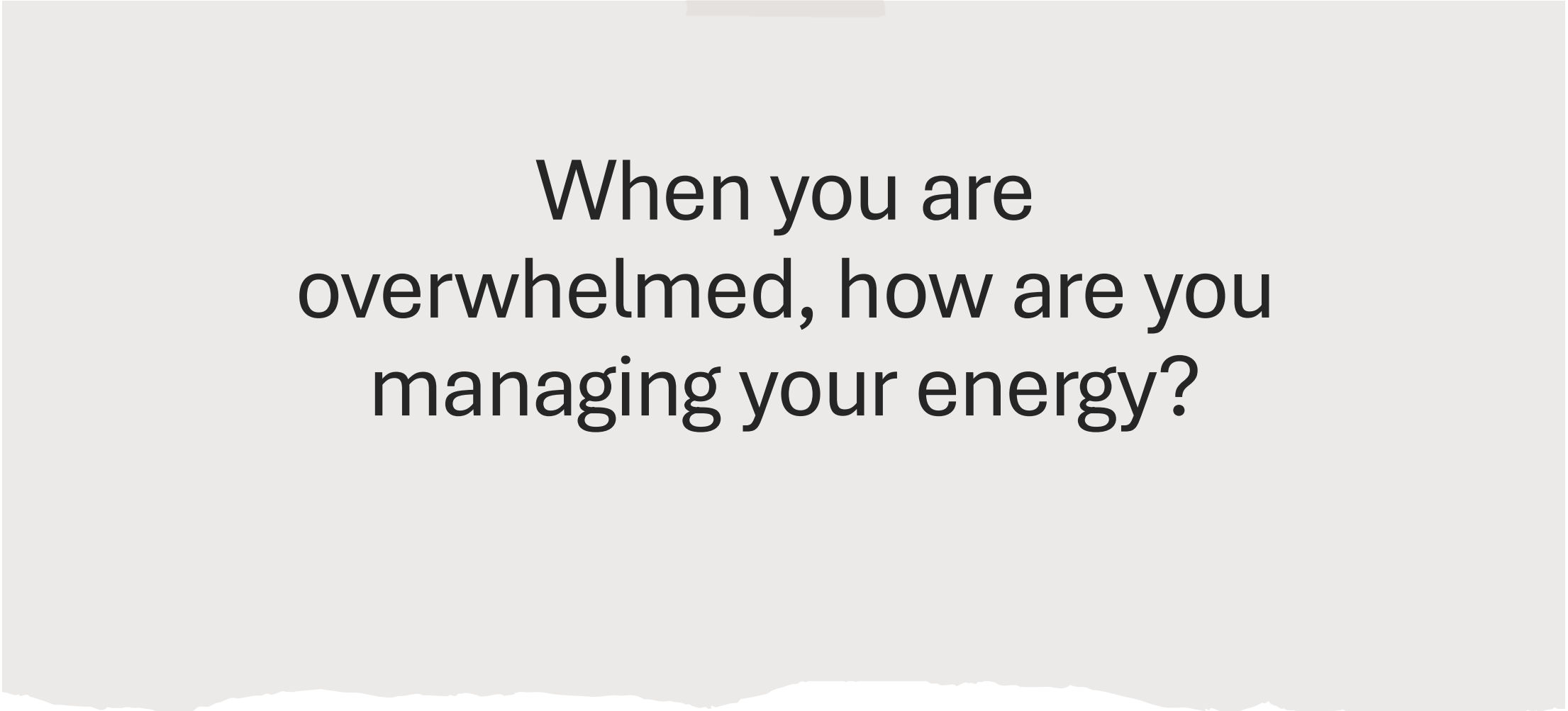


Cognitive Overload

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Causes:

- Excessive Information
- Complex tasks
- Multitasking
- Lack of clear organization
- Insufficient breaks or rest periods



When you are
overwhelmed, how are you
managing your energy?

Energy Inventory

- What drains you of energy?
- What fills you with energy?

Seven levels of energy. You choose!

What is your preferred level of energetic response?

7. Absolute Passion

6. Joy

5. Peace

4. Compassion

3. Forgiveness

anabolic energy

2. Anger

1. Apathy

catabolic energy

Level 1: Apathy "I lose"

Disadvantages of Level 1:

- Victim mentality
- Guilt
- Fear
- Worry
- Self-doubt
- Low self-esteem

Advantages of Level 1:

- You are able to protect yourself from harm.
- You receive attention and sympathy from others.
- You don't have to assume responsibility for negative life events.

Level 2:

Anger

"I win, so therefore you must lose."

Disadvantages of Level 2:

- Often chooses to be in conflict
- Right or wrong
- Strong judgment
- Limited options
- Manage by force, control or coercion
- Blame others

Advantages of Level 2:

- Your aggressive behavior leads to getting a lot done by yourself.
- You can also motivate others (through fear or intimidation!).
- Good at knowing how to play the game.

Level 3: Forgiveness

"I win (If you win too, great)."

Disadvantages to Level 3:

- Tolerate and cope
- Rationalize other people's behavior to forgive them
- May feel unfulfilled or disappointed
- Rationalize conflict with others to be able to maintain peace in the workplace or family

Advantages to Level 3:

- You don't allow other people to stand in the way of what you want.
- You have the ability to avoid, block and/or release negativity of others.
- You're able to engage people easily. You won't stop until you get what you want.

Level 4: Compassion: "You win."

Disadvantages of Level 4:

- Concern for others sometimes to detriment of self-regard
- Looks and feels very selfless
- Can get caught up in other people's dramas
- Motivation may be more for being liked than for being productive

Advantages of Level 4:

- You take little personally; you truly care for and help everyone to do their job the best they can.
- Truly of help, not of control

Level 5: Peace

"We all win or we don't play."

Disadvantages of Level 5:

- Paralysis by analysis
- Disengaged from emotions
- Your optimism might cause you to take too many risks

Advantages of Level 5:

- You find opportunities in all challenges and take little to nothing personally.
- Calm, entrepreneurial-minded, confident, inner peace and fulfillment

Level 6: Joy:

"We always win."

Disadvantages to Level 6:

- You might not be grounded
- Could come across as out of touch with others and seem aloof
- High risk taker
- Need to work at staying on the same page as others on a team

Advantages to Level 6:

- Core thought is synthesis
- All that happens has purpose and value
- Sense of pleasure, satisfaction and joy
- High creativity, vision and innovation

Level 7: Absolute Passion: "Winning and losing are illusions."

Realities of Level 7:

- No human resonates completely at this level, but with practice, everyone can learn to access it.
- Non-judgment
- Fearlessness
- Resurrectionary Life

Easy Steps to Begin.

- Stay CURIOUS! Ask what brought people to that place rather than judge your/other people's energy.
- Share with others what you are learning and understanding about the importance of Anabolic Energy.
- Use open-ended questions rather than anything that can be answered by 'yes' or 'no.'
- Expect the Holy Spirit to show up in new and creative forms!



Evergreen Well-Being Cohort

- 6 month journey together in seeking your personal path to well-being.
- Facilitated by Rev. Morgan Fletcher, MSW.

- For more information, contact Rev. Morgan Fletcher at morgan@presentnomads.com or our office to sign up.

Reflection

- What is the energetic level you revert to when under stress?
- Which levels do you notice are active in your church?
- What might be one step to shift the catabolic energy to anabolic energy in yourself and others?