

# 5 Dynamics, Inc. ENERGY INTENSITY FLOWS

<b>Exploring</b>	<b>Exciting</b>	<b>Examining</b>	<b>Executing</b>
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HOW SHE OR HE PERCEIVES THE WORLD:

<p>Wants to know <b>"How?"</b> Prefers to "Live in the Future"</p> <p>High interest in creative and visionary thinking, metaphors, concepts, causes, and people</p> <p>Intuitive, non-linear, and independent thinking</p> <p>Seeks wholeness and unity</p> <p>Able to see patterns and connections</p> <p>Considers all options, feelings, and reasons; dedicated</p> <p>Idealist; anti-authoritarian</p>	<p>Wants to know <b>"Who?"</b> Prefers to "Live In The Now"</p> <p>High interest in people and places</p> <p>Spontaneous and intuitive Jazz-like Improvisation</p> <p>Seeks synergy through interaction and play</p> <p>Strong interpersonal relater, works through stories and inspiration</p> <p>Charming and adaptable; a "people"-person</p> <p>Persuasive optimist</p>	<p>Wants to know <b>"Why?"</b> Prefers the Past.</p> <p>High interest in details and facts backed by hard data</p> <p>Intense ability to focus; Thinking is rigorous and thorough</p> <p>Seeks "Truth" through validation of data</p> <p>Sees world through logic, facts, and data. "What has worked well in the past?"</p> <p>Seemingly distant or impersonal; dead-pan expression; not outwardly oral but listens acutely</p> <p>Skeptic</p>	<p>Wants to know <b>"What?"</b> Prefers immediate measurable time-frames</p> <p>High interest in action and objects</p> <p>Concrete pragmatic thinking, common sense-limited options and traditional approaches</p> <p>Seeks results through challenge, competition, and confrontation Understands concrete, pragmatic ideas</p> <p>Enacting, moving, and driving.</p> <p>Authoritative</p>
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THEIR ENERGY INTENSITY INCREASES WHEN THEY MUST:

<p>Deepen understanding of possibilities and potential</p> <p>Broaden the scope</p> <p>Align all functions to the mission</p> <p>Promote inclusivity, unity and coherence</p> <p>Promote health and wellness</p>	<p>Raise energy and gathers power</p> <p>Acknowledge strengths and capacities of others</p> <p>Inject fun</p> <p>Invite healthy and productive interactions</p> <p>Advocate fairness</p>	<p>Create competence and confidence through due diligence</p> <p>Promote safety and rigor</p> <p>Study what's possible or impossible with data</p> <p>Justify rules, procedures and timelines</p> <p>Perform "reality" checks</p>	<p>Get it <i>done!</i></p> <p>Direct power</p> <p>Lead and shape groups</p> <p>Challenge and activate; push hard for results</p> <p>Demand action and accountability</p>
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THEIR ENERGY INTENSITY DECREASES WHEN THEY MUST:

<p>Deal with limitations, rules, and restrictions</p> <p>Complete things immediately</p> <p>Deal with conflict</p> <p>Resist the urge to over-commit</p> <p>Take decisive actions over prolonged periods</p> <p>Make tough decisions, prioritize or say "no"</p> <p>Be fully "present"</p> <p>Set firm and consistent interpersonal boundaries</p> <p>Resist the urge to take things personally</p>	<p>Ignore distractions</p> <p>Contain their impulsivity</p> <p>Stay disciplined</p> <p>Work alone, or cannot delegate to others</p> <p>Express things in only a few words</p> <p>Take time before committing to a task</p> <p>Accept more responsibility over prolonged periods</p> <p>Know when to get serious</p> <p>Stay out of the spotlight</p>	<p>Deal with the feeling of being rushed or pushed</p> <p>Show more flexibility over prolonged periods</p> <p>Outwardly demonstrate passion and personal concern</p> <p>Take risks</p> <p>See patterns and the Big Picture</p> <p>Not sweat the small stuff</p> <p>Envision an optimistic future</p> <p>Recognize internal states and needs of self and others</p> <p>Let go and move on</p>	<p>See the ideal</p> <p>Deal with optional thinking</p> <p>Tolerate too many options</p> <p>Resist the urge to take command of the outcome</p> <p>Demonstrate patience over prolonged periods</p> <p>Share control</p> <p>Slow down</p> <p>Open up, lighten up, loosen up</p> <p>Put people-concerns first and results second</p>
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## RECOGNIZING PATTERNS IN PROCESS STRENGTH

Find the two largest segments. This is how these energies inter-relate.



**Exploring-Examining:** These people prefer to think rather than act, but move very easily between two thought-types: flexible/creative and rational/orderly. This combination enjoys planning and assessing “how” something is done more than actually doing it.



**Exciting-Executing:** Very action-oriented, almost hyperactive. This energy is constantly busy doing *something*. These people are seen as highly empowered in almost everything they attempt. They give the appearance of being Order-based in action because of a tendency for fast response to thinking.



**Exploring-Exciting:** People with this combination are noted for being creative, artistic, and trend-setting futuristic thinkers. The Flexible functions (intuition, empathy, integration, service, and risk) are their keys to action. Planning, logic, and sequencing are not usually part of their everyday repertoire unless absolutely necessary.



**Examining-Executing:** People with this energy pattern can plan and act with equal ease. However, such people do so by using more of the Order functions (logical, linear, detailed, punctual and verbal) rather than the more Flexible functions. They have a high need for control.



**Exciting-Examining:** Very detailed, sequential and focused when they work. When they play, however, they are fun-loving, spontaneous, and flexible. It is difficult to predict which aspect you will see. After you’ve been with them over a period of time, you may feel as if you’ve been with two different people, a “Clark Kent” and a “Superman.”



**Exploring-Executing:** Individuals with this combination can make for great leaders and entrepreneurs. They are workaholics who see the Big Picture and go after what they want in a focused, active way. This is the most intense of all the combinations. They often pursue goals without first inviting other people along, and without a detailed plan. They can learn how to take it easy so they don’t risk burn-out.