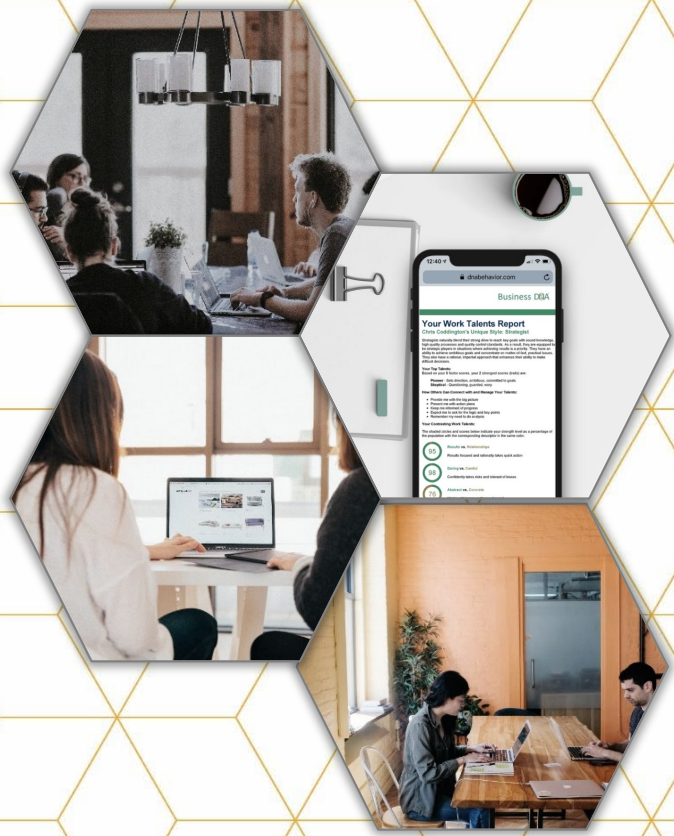


# Unpacking Personal Work Life Energy



## Unpacking Personal Work Life Energy

### Introduction

As the Behavior and Money Insights Company, DNA Behavior views human energy through a behavioral lens. For every human being, their DNA Double Helix is bound together by a behavior strand and an energy strand. The two strands are interconnected and, symbolically speaking, with every behavioral trait, there is a corresponding stored energy module waiting to be understood, tapped and released.

Since 2001 we have and continue to investigate the behavior strand in the context of a person's work and life. Our analysis has revealed that work life behavior consists of two behavioral catalysts. The first is Natural DNA Behavior Talents, which are hard-wired from early in life. The second is Learned Behavior, which is obtained through life experiences, education, and values. When you combine the two (natural behavioral development and nurtured behavioral development), the situationally adapted reaction helps to define an individual's broader and more dynamic personality.

Personal Work Life Energy is a previously hidden behavioral module stored in the DNA Double Helix which if understood can be released with Money Energy to positively or negatively for propelling the life of a human being.

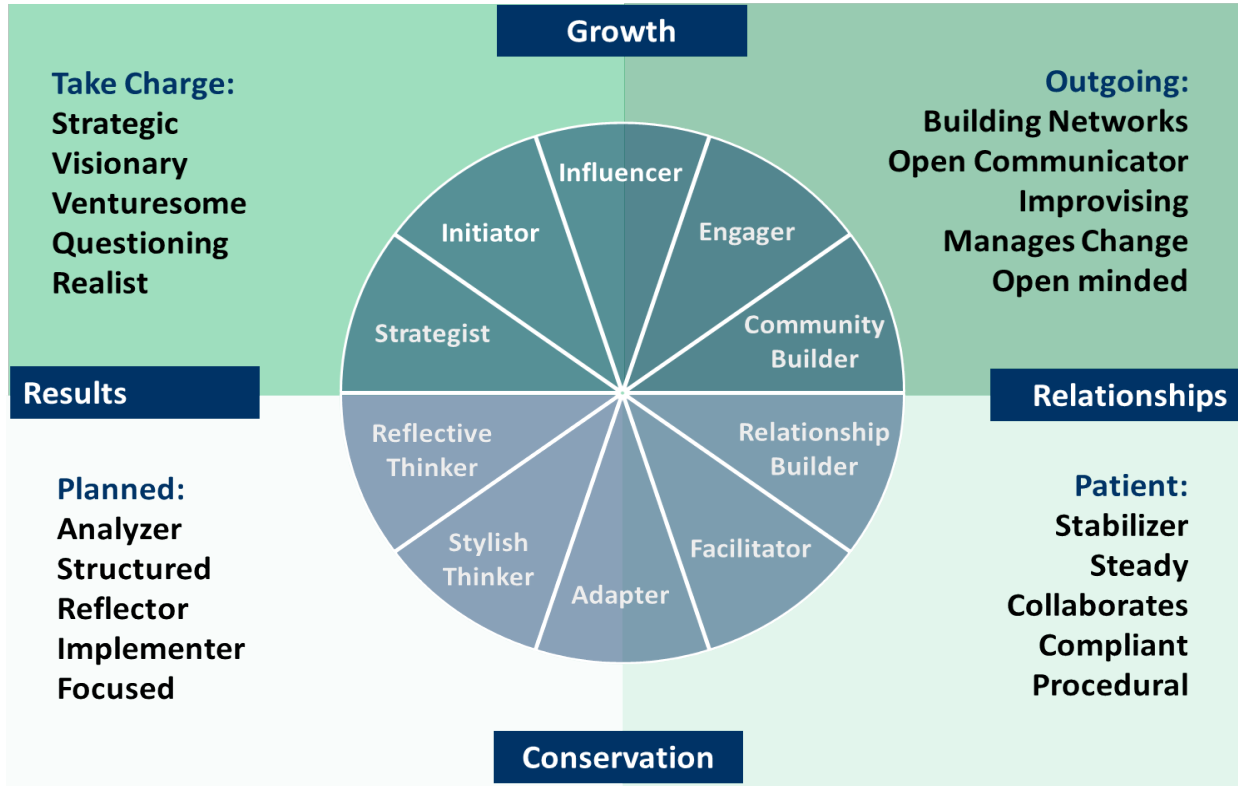
However, there was a hidden piece of the DNA Behavior puzzle, which is the personal work life energy module represented by the second strand—the energy strand. Previously unknown and unmeasured, the ability to produce this energy is driven by behaviors and a person's ability to manage their talents. Both have a strong influence on their identity.

A person's Personal Work Life Energy needs to be aligned with their Money Energy to fully unleash their power and capacity to create wealth, and thereby achieve happiness, success and health.

What follows in this guide is a summary for the Personal Work Life Energy Elements that have been initially shaped by a person's Natural DNA Behavior. The Money Energy Elements are separately unpacked in their own guide.

### Natural Behavior Traits

For each of the ten Unique DNA Behavior Styles and the sixteen core Natural DNA Behavior traits there are associated behavioral talents to manage for happiness, success and health. The graphic below shows these talents in four primary quadrants.



The following graphic shows how the four primary quadrants relate to the sixteen behavioral traits:

## Your Personal Work Life Behavior How Do You Operate, Make Decisions and Interact?



### Take Charge Driver

A take-charge person who is focused on goals and opportunities to expand their world.

Fast Paced  
Pioneering  
Risk Taking



### Outgoing Promoter

An outgoing person who desires engagement, openness and making connections.

Spontaneous  
Content  
Creative



### Patient Harmonizer

A patient person who is interested in stability, safety and living with security.

Co-operative  
Trusting  
Cautious



### Planned Protector

A planned person who has a need for data and likes to analyze and focus on the tangible.

Reserved  
Skeptical  
Anchored

## Natural Work Life Energy Elements

For each of the sixteen core Natural DNA Behavior traits there are associated Work Life Energy Elements to manage, including:

1. Work Life Energy Generation Strengths to help amplify work life energy; and
2. Work Life Energy Depletion Struggles which can limit the level of work life energy.

The Work Life Energy Elements are shown in the following graphic:

Natural DNA Behavior Trait	Work Life Energy Generation Strength	Work Life Energy Generation Strength	Work Life Energy Depletion Struggle	Work Life Energy Depletion Struggle
Take Charge	Influencing	Decision making	Controlling	Ignores input
Cooperative	Collaborative	Team work	Hesitant to speak out	Underestimates self
Outgoing	Building networks	Communication	Overly verbal	Easily distracted
Reserved	Reflective	Being focused	Withdrawn	Too private
Patient	Understanding	Building community	Overly accepting	Compromising
Fast Paced	Task focus	Challenging	Critical	Argumentative
Planned	Systematic	Research	Rigid	Perfectionistic
Spontaneous	Improvising	Flexibility	Lacks follow through	Underprepared
Trusting	Approachable	Relationships	Too forgiving	Impressionable
Skeptical	Protective	Critical thinking	Does not delegate	Not forgiving
Pioneer	Achievement	Accepts challenges	Over focused on success	Too driven
Content	Balanced life	Keeping equilibrium	Prone to complacency	Too easygoing
Risk Taker	New experiences	Venturesome	Creates exposures	Overconfident
Cautious	Seeks Certainty	Compliance	Missing opportunities	Resistant to change
Creative	Originality	Explore Possibilities	Easily bored	May lack focus
Anchored	Consistent	Execution	Tied to old ways	Discounts new ideas

The relative strength of each Personal Work Life Energy Element for a person is determined by the population weighted strength of the corresponding Natural DNA Behavior trait. A Natural DNA Behavior trait with a population weighted score over 70% is considered strong, and therefore relatively hard-wired. A population weighted score of under 30% is considered low. Based on our scientific validation work each Natural DNA Behavior trait and therefore corresponding Personal Work Life Energy Element can be predicted with a 97.1% reliability level.

# DNA Behavior®

To learn more about DNA Behavior International and the solutions we offer, please visit: [www.dnabehavior.com](http://www.dnabehavior.com)

If you have any questions or would like to discuss Work Life Energy with an executive on our team, please email us at: [inquiries@dnabehavior.com](mailto:inquiries@dnabehavior.com)

