

MAEIS™, Motivational Architecture & Energy Intelligence

62% • Energized

July 28, 2026 at 02:04 PM

Your personalized analysis

Your Motivational Profile

Here is what your answers reveal about you right now, and what to do about it. Your profile is uneven: one area is clearly carrying you, while another is calling for attention. That contrast is your single biggest lever.

62%

ENERGY INTELLIGENCE INDEX

1

STRENGTHS

1

FOCUS AREAS



How to read your scores

A quick guide in plain language so every number makes sense.



STRONG • 70-100%

This is one of your superpowers. Lean on it and share it with others.



DEVELOPING • 50-69%

A solid foundation with room to grow. Small, steady steps will lift it fast.



NEEDS ATTENTION • 0-49%

A clear focus area. Start small, even one tiny step changes the trajectory.



Assessment breakdown

How each part of the assessment contributed to your overall score.

Situational Judgment

0%

Self-Assessment

0%

Motivational Priorities

0%

Behavioral Frequency

0%

Dimension Deep Dives

0%

Energy Boundaries

0%

Consistency Check

0%

Energy Balance

68%

How evenly your scores are distributed across the six dimensions.

Response Consistency

100%

How aligned your answers were across re worded check questions.



Your six dimensions, explained

For every dimension: what it means, where you stand, and exactly what to do next.

Intrinsic Drive

50% (5/10)

Your capacity for autonomous, curiosity driven motivation that comes from within.

DEVELOPING

💡 WHAT THIS MEANS FOR YOU

Your intrinsic drive is present but inconsistent. Create environments that nurture curiosity. Reduce obligations that drain autonomous motivation and increase time on mastery oriented activities.

🚀 TRY THIS TODAY

Your intrinsic drive is present but inconsistent. Create environments that nurture curiosity. Reduce obligations that drain autonomous motivation and increase time on mastery oriented activities.

YOUR VISION FOR THIS AREA

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Energy Regulation

50% (5/10)

Your ability to manage, sustain, and recover your physical, emotional, and mental energy.

DEVELOPING

💡 WHAT THIS MEANS FOR YOU

Your energy management is developing. Identify your peak energy windows and align demanding tasks with them. Build in structured recovery periods.

🚀 TRY THIS TODAY

Your energy management is developing. Identify your peak energy windows and align demanding tasks with them. Build in structured recovery periods.

YOUR VISION FOR THIS AREA

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Strength Activation

50% (5/10)

How effectively you recognize, deploy, and amplify your signature strengths.

DEVELOPING

💡 WHAT THIS MEANS FOR YOU

You are aware of some strengths but may not be deploying them strategically. Map your strengths to current challenges, where can you lean into what comes naturally?

🌟 TRY THIS TODAY

You are aware of some strengths but may not be deploying them strategically. Map your strengths to current challenges, where can you lean into what comes naturally?

YOUR VISION FOR THIS AREA

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Fear Integration

50% (5/10)

Your ability to acknowledge fear, extract its wisdom, and use it as fuel for growth rather than avoidance.

DEVELOPING

💡 WHAT THIS MEANS FOR YOU

You have some capacity to work with fear. Practice "fear interviews", ask your fear what it is protecting you from, then decide consciously whether to follow or override it.

🌟 TRY THIS TODAY

You have some capacity to work with fear. Practice "fear interviews", ask your fear what it is protecting you from, then decide consciously whether to follow or override it.

YOUR VISION FOR THIS AREA

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Need Fulfillment

30% (3/10)

How well your three core psychological needs, Autonomy, Competence, and Relatedness, are being met.

NEEDS ATTENTION

💡 WHAT THIS MEANS FOR YOU

Unmet psychological needs drain motivation at the root. Identify which need (autonomy, competence, or relatedness) is most deprived and take one small action to address it today.

🌟 TRY THIS TODAY

Rate each need (autonomy, competence, relatedness) 1-10 right now

YOUR VISION FOR THIS AREA

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Leadership Energy

80% (8/10)

Your capacity to sustain motivation, inspire others, and maintain influence over time.

STRONG



💡 WHAT THIS MEANS FOR YOU

Your leadership energy is a rare and valuable asset. Use it strategically to create the most impact. Protect it from unnecessary drains and teach others to self motivate.

🌟 TRY THIS TODAY

Your leadership energy is a rare and valuable asset. Use it strategically to create the most impact. Protect it from unnecessary drains and teach others to self motivate.

YOUR VISION FOR THIS AREA

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"



What your unique profile reveals

Patterns we noticed when looking at your dimensions together.

👍 You are strong in

✓ **Leadership Energy** · 80%

Use these as anchors. Pull energy and confidence from here when working on your growth areas.

🚩 Start here for the biggest lift

→ **Need Fulfillment** · 30%

Pick ONE to focus on first. Tiny steps compound, consistency beats intensity here.



Your 90-day plan

A simple month by month path. Pick one action each day. Skipping a day is fine, just come back tomorrow.



DAYS 1, 30

Build awareness and a daily anchor

Need Fulfillment

30%

- 1 Rate each need (autonomy, competence, relatedness) 1-10 right now
- 2 Take one action today to nourish your lowest-scoring need
- 3 Identify one situation this week where your autonomy felt restricted and consider alternatives



DAYS 31, 60

Add a second focus and remove a drain

Fear Integration

50%

- 1 You have some capacity to work with fear. Practice "fear interviews", ask your fear what it is protecting you from, then decide consciously whether to follow or override it.
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- 3 You have some capacity to work with fear. Practice "fear interviews", ask your fear what it is protecting you from, then decide consciously whether to follow or override it.



DAYS 61, 90

Amplify a strength into a system

Leadership Energy

80%

- 1 Your leadership energy is a rare and valuable asset. Use it strategically to create the most impact. Protect it from unnecessary drains and teach others to self motivate.
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📅 WEEKLY REVIEW (10 MINUTES)

- What worked this week? Where did I feel most alive?
- Which action was hardest? What got in the way?
- What is the one tiny step for next week?



Sit with these questions

Take 5 quiet minutes. Write in your own words, no editing. Your nervous system will thank you.

- 1 Reading my results, what is the first feeling that came up?
- 2 Which dimension surprised me the most, and why?
- 3 If only one number could change in the next 30 days, which one and why?
- 4 Who in my life can I talk to about this? Who can hold me accountable?

ENERGY INTELLIGENCE INDEX

62%

YOUR MOTIVATIONAL PROFILE

Energized

Your motivational system is functional with good foundations. Some dimensions could be strengthened to prevent energy fluctuations. Focus on activating underused strengths and addressing minor energy leakage points.

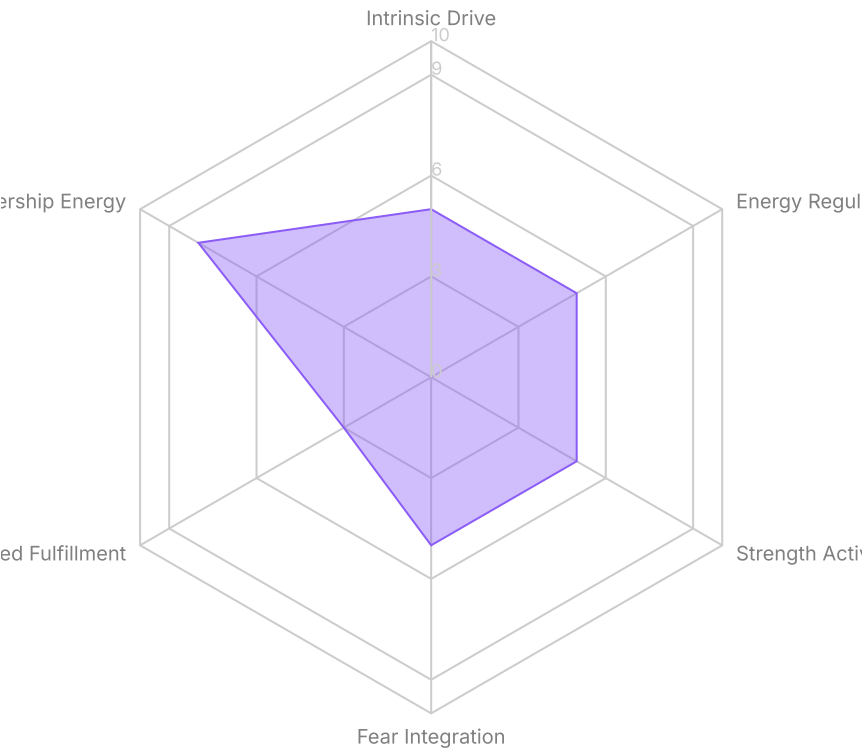
ENERGY BALANCE

68%

Energy Risk Indicators

Need Fulfillment (30%)

Your Motivational Profile



Motivational Strengths

Leadership Energy (8/10)

Growth Areas

Need Fulfillment (3/10)

YOUR MOTIVATIONAL PROFILE

The Commander

You possess exceptional leadership energy, the ability to sustain high performance while inspiring others. Your motivational presence is a force multiplier for teams and organizations.

Focus your leadership energy on your highest impact initiatives. Build systems that distribute motivational energy so your influence scales beyond your personal presence.

Your Activation Roadmap

1 Need Fulfillment

Some needs are met, others are not. Create a simple needs audit: rate each need 1-10 weekly and direct attention to the lowest scoring one.

2 Intrinsic Drive

Your intrinsic drive is present but inconsistent. Create environments that nurture curiosity. Reduce obligations that drain autonomous motivation and increase time on mastery oriented activities.

3 Energy Regulation

Your energy management is developing. Identify your peak energy windows and align demanding tasks with them. Build in structured recovery periods.

Priority Actions

Growth Areas

Need Fulfillment

- Rate each need (autonomy, competence, relatedness) 1-10 right now
- Take one action today to nourish your lowest-scoring need
- Identify one situation this week where your autonomy felt restricted and consider alternatives

Your 90-Day Activation Plan

Intrinsic Drive

5/10

Your intrinsic drive is present but inconsistent. Create environments that nurture curiosity. Reduce obligations that drain autonomous motivation and increase time on mastery oriented activities.

Energy Regulation

5/10

Your energy management is developing. Identify your peak energy windows and align demanding tasks with them. Build in structured recovery periods.

Strength Activation

5/10

You are aware of some strengths but may not be deploying them strategically. Map your strengths to current challenges, where can you lean into what comes naturally?

Fear Integration

5/10

You have some capacity to work with fear. Practice "fear interviews", ask your fear what it is protecting you from, then decide consciously whether to follow or override it.

Need Fulfillment

3/10

Unmet psychological needs drain motivation at the root. Identify which need (autonomy, competence, or relatedness) is most deprived and take one small action to address it today.

Leadership Energy

8/10

Your leadership energy is a rare and valuable asset. Use it strategically to create the most impact. Protect it from unnecessary drains and teach others to self motivate.

Energy Vision

Intrinsic Drive

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Energy Regulation

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Strength Activation

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Fear Integration

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Need Fulfillment

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Leadership Energy

"How strong is your inner drive to pursue goals because they genuinely interest and energize you?"

Your Strengths

Leadership Energy

80%

Your leadership energy is a rare and valuable asset. Use it strategically to create the most impact. Protect it from unnecessary drains and teach others to self motivate.

Growth Opportunities

Need Fulfillment

30%

Unmet psychological needs drain motivation at the root. Identify which need (autonomy, competence, or relatedness) is most deprived and take one small action to address it today.

Dimension Analysis

Intrinsic Drive

50%

Your intrinsic drive is present but inconsistent. Create environments that nurture curiosity. Reduce obligations that drain autonomous motivation and increase time on mastery oriented activities.

Energy Regulation

50%

Your energy management is developing. Identify your peak energy windows and align demanding tasks with them. Build in structured recovery periods.

Strength Activation

50%

You are aware of some strengths but may not be deploying them strategically. Map your strengths to current challenges, where can you lean into what comes naturally?

Fear Integration

50%

You have some capacity to work with fear. Practice "fear interviews", ask your fear what it is protecting you from, then decide consciously whether to follow or override it.

Need Fulfillment

30%

Unmet psychological needs drain motivation at the root. Identify which need (autonomy, competence, or relatedness) is most deprived and take one small action to address it today.

Leadership Energy

80%

Your leadership energy is a rare and valuable asset. Use it strategically to create the most impact. Protect it from unnecessary drains and teach others to self motivate.

Consistency Index

71%

How consistent your scores are across dimensions

Your Activation Roadmap

1

Need Fulfillment

How well your three core psychological needs, Autonomy, Competence, and Relatedness, are being met.

Priority Actions

Small steps you can take today

Need Fulfillment

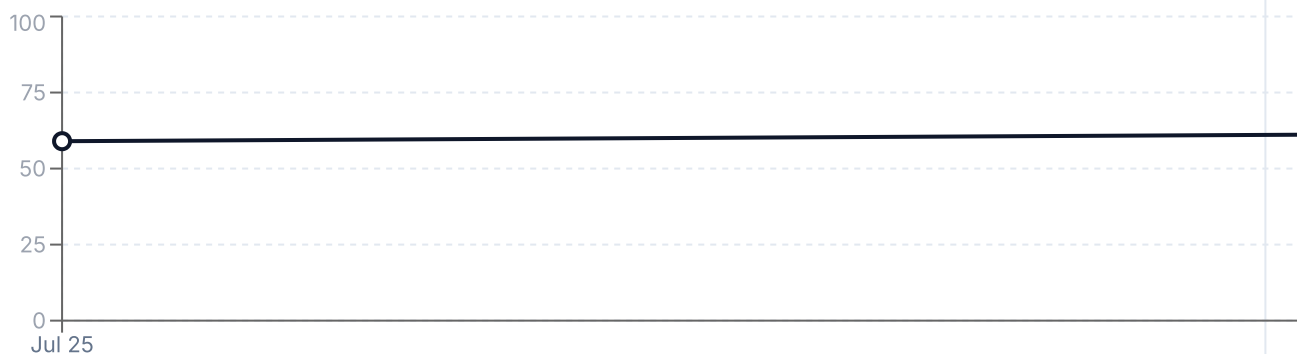
- ☑ Rate each need (autonomy, competence, relatedness) 1-10 right now
- ☑ Take one action today to nourish your lowest-scoring need
- ☑ Identify one situation this week where your autonomy felt restricted and consider alternatives



Your Journey Over Time

2 sessions completed

Take this assessment again to start tracking your journey



Client has a functional motivational system with clear strengths and identifiable growth areas. Energy management is generally adequate but may show inconsistencies. Focus on building targeted improvements and preventing energy leakage.

62%

OVERALL SCORE

1

STRENGTHS

1

FOCUS AREAS

5-7

SESSIONS

Recommended cadence: Bi weekly sessions of 60 minutes; client led journaling between sessions.

Pacing: Moderate pace. Build on existing strengths while gently challenging growth areas.

Per dimension intervention map

For each dimension: presenting issue, recommended approach, signature technique, and concrete exercises.

Intrinsic Drive

50% · 5/10

PRESENTING ISSUE

Client may rely too heavily on external motivation or have disconnected from intrinsic interests

COACHING APPROACH

Use motivational interviewing to reconnect client with autonomous motivations. Explore when and why intrinsic drive diminished.

SIGNATURE TECHNIQUE

Interest Flow Mapping

Help the client identify peak interest/flow activities and design their week around them.

SESSION FOCUS

Explore what originally sparked the client's passion and what has dampened it. Rebuild from authentic interest.

SUGGESTED EXERCISES

- Intrinsic Motivation Inventory, identify activities that produce flow states
- Values-Drive Alignment mapping, connect daily activities to core values
- Autonomy Audit, identify areas where choice has been restricted

Energy Regulation

50% · 5/10

PRESENTING ISSUE

Client may show energy volatility, burnout risk, or inability to sustain performance

COACHING APPROACH

Introduce energy management frameworks. Help client map energy patterns and design recovery protocols.

SIGNATURE TECHNIQUE

Energy Architecture

Help the client design their daily and weekly rhythm around natural energy cycles.

👁️ SESSION FOCUS

Assess current energy management practices. Identify the biggest energy leaks and design targeted interventions.

✨ SUGGESTED EXERCISES

- Energy Audit, track energy levels 3x daily for one week
- Peak Performance Window identification, schedule critical tasks during high-energy periods
- Recovery Ritual Design, create sustainable recharge practices

Strength Activation

50% · 5/10

⚠️ PRESENTING ISSUE

Client may be unaware of signature strengths or failing to deploy them strategically

👁️ COACHING APPROACH

Use strengths assessment tools and help client create a strengths deployment strategy.

🔗 SIGNATURE TECHNIQUE

Strengths Amplification Protocol

Systematically identify, validate, and deploy the client's top strengths across life domains.

👁️ SESSION FOCUS

Conduct a strengths inventory and explore how current role and activities align with natural talents.

✨ SUGGESTED EXERCISES

- Strengths Spotting, identify moments of energized engagement in recent experiences
- Strengths Application Challenge, use one strength in a new way each day
- Weakness-to-Strength Reframe, find strength-based approaches to current challenges

Fear Integration

50% · 5/10

⚠️ PRESENTING ISSUE

Client may be operating in avoidance mode, using fear as a brake rather than a compass

🎯 COACHING APPROACH

Normalize fear as information. Use exposure based techniques to build fear tolerance.

🔗 SIGNATURE TECHNIQUE

Fear Integration Protocol

Help the client distinguish between signal fear (protective) and noise fear (limiting), then design graduated exposure.

👁️ SESSION FOCUS

Create a safe space to explore the client's fear landscape. Map avoidance patterns and their costs.

✨ SUGGESTED EXERCISES

- Fear Inventory, categorize fears into protective (keep) vs. limiting (challenge)
- Fear Conversation, dialogue with fear to understand its message
- Graduated Exposure Plan, build a step-by-step approach to feared situations

Need Fulfillment

30% · 3/10

⚠️ PRESENTING ISSUE

One or more core psychological needs (autonomy, competence, relatedness) may be chronically unmet

🎯 COACHING APPROACH

Conduct a needs assessment using Self Determination Theory framework. Design need nourishing interventions.

🔗 SIGNATURE TECHNIQUE

SDT Needs Audit

Systematically assess autonomy, competence, and relatedness satisfaction across life domains.

👁️ SESSION FOCUS

Identify which psychological need is most deprived and create a targeted plan to address it.

✨ SUGGESTED EXERCISES

- Needs Satisfaction Diary, rate each need daily and track patterns
- Autonomy Reclamation, identify one area to increase personal choice this week
- Competence Building, set one mastery goal in an area of existing skill

Leadership Energy

80% · 8/10

⚠️ PRESENTING ISSUE

Client may be depleting leadership energy faster than replenishing it, or struggling to inspire others

🎯 COACHING APPROACH

Assess leadership energy balance, inputs vs. outputs. Design a sustainable leadership energy strategy.

🔗 SIGNATURE TECHNIQUE

Leadership Energy Budget

Help the client design a weekly leadership energy budget that balances output with recovery.

👁️ SESSION FOCUS

Assess the client's leadership energy ratio (energizing vs. depleting activities) and optimize allocation.

💖 HOW TO LEVERAGE THIS STRENGTH

Sustainable leadership energy is rare. Clients who master this become transformational leaders.

🌟 SUGGESTED EXERCISES

- Leadership Energy Audit, categorize leadership tasks as energizing vs. depleting
- Delegation Design, identify tasks to delegate for energy conservation
- Inspirational Impact Map, identify how to maximize motivational influence with minimal energy cost

Powerful questions for the session

Use these per dimension questions to deepen the dialogue. Pick 2, 3 per session.

INTRINSIC DRIVE

- When did you last feel genuinely excited about something you were working on?
- What percentage of your current activities feel self-chosen vs. obligation-driven?
- If money and expectations were not a factor, what would you spend your time doing?

ENERGY REGULATION

- Describe your energy pattern on a typical day, where are the peaks and valleys?
- What is your earliest warning sign that energy is running low?
- What recovery practice reliably restores your energy?

STRENGTH ACTIVATION

- What comes so naturally to you that you are surprised when others struggle with it?
- When do you feel most in flow, what activities create that state?
- How much of your current week leverages your top strengths?

FEAR INTEGRATION

- What is the biggest fear currently influencing your decisions?
- Can you think of a time when fear actually helped you make a better decision?
- What would you do differently if this fear did not exist?

NEED FULFILLMENT

- Where in your life do you feel the most autonomy? The least?
- In what area do you feel most competent? Where do you feel inadequate?
- Who are the people you feel most connected to? Is that connection enough?

LEADERSHIP ENERGY

- What leadership activities energize you vs. deplete you?
- How do you currently recharge after intense leadership demands?
- If you could redesign your leadership role, what would you change?



Suggested session by session plan

A scaffold the coach can adapt. Each session sits on the foundation of the one before it.

1 Session 1: Motivational Assessment & Rapport

Review MAEIS™ results together. Identify the client's primary motivational narrative. Establish coaching alliance around motivational development.

Walk through the six dimensions. Explore which dimensions resonate most and which feel most challenging. Set initial focus area.

2 Sessions 2-3: Dimension Deep Dives

Identify which psychological need is most deprived and create a targeted plan to address it.

3 Sessions 4-5: Integration & Activation

Connect insights across dimensions. Introduce a habit stack and remove one drain. Calibrate the 90-day plan.

4 Final Session: Sustainability & Autonomy

Consolidate progress. Review the motivational architecture evolution. Build self sustaining motivational systems. Plan for retake assessment.

Coaching Tips by Motivational Profile

Client has a functional motivational system with clear strengths and identifiable growth areas. Energy management is generally adequate but may show inconsistencies. Focus on building targeted improvements and preventing energy leakage.

ENERGIZED

- ✓ Identify the dimension closest to breakthrough and focus effort there
- ✓ Address any energy leakage points before they become larger problems
- ✓ Build sustainable systems rather than relying on willpower

PROFILE SPECIFIC EXERCISES

- ✦ Identify the dimension closest to thriving and push it to the next level
- ✦ Create an energy protection plan for the weakest dimension
- ✦ Build a weekly motivation review ritual

GENERAL COACHING TIPS

- ✓ Always assess energy levels before setting motivational goals
- ✓ Use the six-dimension framework to create balanced development plans
- ✓ Monitor for signs of motivational burnout and intervene early
- ✓ Connect motivational goals to the client's deeper values and purpose

Watch points and red flags

NEED FULFILLMENT

Chronically unmet psychological needs indicate systemic life structure problems requiring comprehensive intervention

Strengths to leverage

Use the client's existing motivational strengths as resources:

Leadership Energy · 80%

Sustainable leadership energy is rare. Clients who master this become transformational leaders.