

ENERGY LEVELS (high, low, and variable)

Synonyms: stamina, vitality, vigor, verve, spirit, power

Her work style is characterized by bursts of enthusiasm punctuated by slack periods.

She may be the type of person who gets by on very little sleep and just runs on nervous energy, getting lots of work done but feeling positively exhausted by the end of the day.

Her physical stamina is not great, so she has to pace herself in order to achieve her maximum potential when her strength is at its peak.

She is probably happiest at a desk job where she doesn't have to engage in a lot of physical exertion.

Creative and high energy, his enthusiasm tends to wax and wane, so it is important for him to plan the most taxing activities when his energy is at its peak.

Content to stay in one place for long periods of time, this is someone who performs best in work that does not require a lot of physical activity.

His stamina and vitality are strong, which gives him the staying power to stick with what needs to be done until it is complete.

He has a considerable level of stamina to help him hang in through the long, duller stretches and meet his goals.

Vitality is your middle name. Always on the move, you seek adventure and freedom from the ties that bind.

It isn't easy for you to stay in one place for long and it seems like some part of your body is always moving, whether it is your fingers tapping the desk or your toes on the carpet.

You need to know that you are free to take off on the next exciting enterprise that attracts you.

Because you are feeling so emotionally (and perhaps physically)

exhausted, you want to find the easiest ways to do things. However, this does not mean you are willing to compromise your principles. You have a strong set of beliefs and stick by them.

Your stamina and vitality are excellent, so you can go through a long day of work and be ready for evening activities. It isn't easy for you to relax, though, as you have a strong work ethic and believe that playtime must be earned. When you do allow yourself to play, you play as hard as you work.

Just sitting around would be terminally boring for you because you've got energy and determination to spare. You're a healthy, vital woman who knows how to make every moment count.

Her energy is lively and stormy, bordering on nervous, due her inner tension.

He conserves energy by pacing himself.

You have imagination, but at times, you barely get started on an interesting project when a lack of energy sets in.

Lacking in the physical energy needed to persist in the face of obstacles, this writer could miss important opportunities.