

ENERGY QUANTITY VS. ENERGY QUALITY

ENERGY QUANTITY People with abundant energy trust this large resource to achieve a lot they are very active and spend a lot of energy in many activities, but they can afford to use plenty energy for their achievement, but care very little of the quality and efficiency and they may exhaust, burnout in the process, having figured out little of quality and path of evolution for themselves

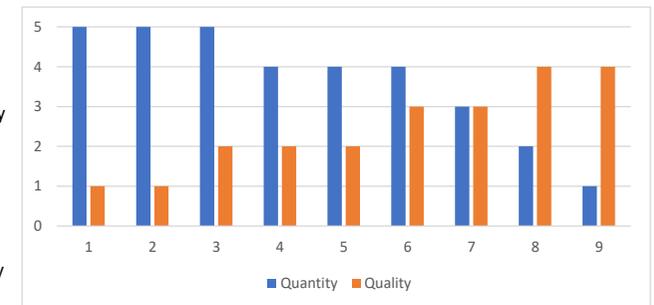
THEY USUALLY STAY THE SAME PERSON

SOCIETY DRIVEN

- Need for recognition
- Need for activity
- Crowd seekers
- Love achievement

OUTWARD DRIVEN

THE HARE They will also have a limitation of energy when aging, it might be a challenge to switch from energy quantity to energy quality at old age, evolution is possible to wisdom, but many decades have passed on same format and they could be hardwired by then, if not they will start to evolve with the limited time they can have



ENERGY QUALITY People with limited energy tend to know their limitation better and feel the need to organise the availability better by balancing quantity with quality they will focus more on adapting oneself to available resources not to exhaust They usually achieve less, but the progress is more meaningful for them and for others By focussing on energy quality, they will evolve more rapidly than others

THEY TRANSFORM OVER YEARS AND DECADES

WISDOM DRIVEN

- Need for understanding
- Need for reflexion
- Loners or limited groups
- Love contemplation

INWARD DRIVEN

THE TORTOISE They can play the energy quantity, but they will exhaust and get depressed, so they learn to experiment more appropriate ways, less costly in energy for enhancing their paths Eventually, they are grateful at their limited energy for a more rapid evolution on longer period of life

