THE

7 ENERGY DRAINS

KILLING YOUR EXECUTIVE PERFORMANCE

A SCIENTIFIC SELF-ASSESSMENT FOR SENIOR LEADERS

Identify exactly where your system is leaking performance, and what to do about it.

WHAT YOU WILL DISCOVER IN THE NEXT 20 MINUTES

This assessment draws on Applied Kinesiology, Traditional Chinese Medicine Meridian Science, and peer-reviewed neurological research to identify the 7 specific patterns that predictably erode executive performance.

Complete all 7 sections honestly. Each takes less than 3 minutes. Your total score at the end reveals your SEAM Clarity Index, and your most direct path back to peak performance.

NEUROSCIENCE	MERIDIAN SCIENCE	DECISION ARCHITECTURE
Applied Kinesiology & neuromuscular biofeedback	TCM energy pathways mapped to executive function	Kabbalah-based structural clarity frameworks

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HOW TO USE THIS ASSESSMENT

This is not a personality quiz but a diagnostic instrument.

Each of the 7 sections targets a specific performance system (neurological, energetic, and structural) that operates below the level of conscious awareness. If you have been experiencing the symptoms, this assessment names the mechanisms.

The 7 Energy Drains identified here are not character flaws or personal failings. They are predictable system-level patterns that emerge under sustained executive pressure. They are also correctable with precision techniques, not willpower.

INSTRUCTIONS

Work through each section in sequence. For each statement, tick the box that most accurately describes your experience over the past 90 days (not how you wish things were, but how they actually are).

RARELY	SOMETIMES	OFTEN
This does not describe me or happens very infrequently.	This describes me occasionally or in specific contexts.	This is a consistent pattern in my professional life.

SCORING GUIDE
SCORING: Rarely = 0 points · Sometimes = 1 point · Often = 2 points
Each drain is scored out of 10. Your total SEAM Clarity Index is out of 70.
The higher your score, the greater the energy cost, and the larger the performance gain available through SEAM recalibration.

A note on honesty: The most common mistake executives make when completing diagnostics is self-editing. They assess themselves as they perform at their best, not as they operate under pressure. Answer as your busiest, most pressured self, namely, the version of you that runs board meetings and closes quarters. Usually, it's the first insight to come.

The data you generate here belongs to you. The more accurate it is, the more precisely the SEAM can address what is actually limiting your performance.

ENERGY DRAIN 01

The Decision Fatigue Loop

When Every Choice Costs More Than It Should

WHAT IS HAPPENING IN YOUR SYSTEM

Decision quality degrades in a predictable, measurable way. Each decision you make, regardless of magnitude, depletes the same finite neurological resource. By 2pm, you are making materially worse calls than you were at 9am, and your brain is hiding this from you.

RESEARCH FINDING

A landmark study published in PNAS (Danziger et al., 2011) tracked 1,112 judicial parole decisions over 10 months. Judges granted parole 65% of the time at the start of a session. By the end, approval rates fell to nearly 0% not because cases changed, but because the judges' decision-making capacity was exhausted. The same mechanism operates in every C-suite.

SELF-ASSESSMENT — Read each statement and tick the box that applies most accurately.

STATEMENT — READ AND CIRCLE OR TICK YOUR HONEST RESPONSE	RARELY	SOMETIMES	OFTEN
(Score: Rarely = 0 · Sometimes = 1 · Often = 2)	0	1	2
1. I postpone important decisions until I "have more time", and that time never comes	☐	☐	☐
2. I feel mentally drained by midday, even after routine morning meetings	☐	☐	☐
3. I second-guess decisions I made earlier in the day by evening	☐	☐	☐
4. I rely on rules-of-thumb or habit rather than fresh analysis under pressure	☐	☐	☐
5. I experience "decision paralysis", seeing too many options without a clear winner	☐	☐	☐
YOUR SCORE FOR THIS DRAIN →	**___ / 10**		

INTERPRETING YOUR SCORE

0 – 2	3 – 5	6 – 10
Minimal drain. This system is functioning.	Moderate drain. Worth addressing systematically.	High drain. This is costing you measurably.

HOW SEAM ADDRESSES THIS

> Applied Kinesiology testing identifies the precise neurological moment when decision quality degrades — before your conscious mind registers fatigue. SEAM restructures your decision architecture so high-stakes calls are sequenced at peak neurological capacity.

ENERGY DRAIN 02

The Strategic Blindspot

Operating in the Present While the Future Slips Away

WHAT IS HAPPENING IN YOUR SYSTEM

In TCM, the Liver meridian governs long-range vision and strategic planning. When it is under stress from unresolved tension, chronic reactivity, or misaligned workload, executives lose the capacity for genuine strategic thinking. They remain busy while the horizon narrows.

RESEARCH FINDING

Harvard Business School research (Porter & Nohria, 2018) found that CEOs spend only 6% of their time on long-term strategy, despite identifying it as their most critical function. The gap between stated priority and actual allocation is not a time management problem. It is a neurological one: reactive cortisol loops rewire the prefrontal cortex to favour short-term threat response over future-oriented planning.

SELF-ASSESSMENT — Read each statement and tick the box that applies most accurately.

STATEMENT — READ AND CIRCLE OR TICK YOUR HONEST RESPONSE	RARELY	SOMETIMES	OFTEN
(Score: Rarely = 0 · Sometimes = 1 · Often = 2)	0	1	2
1. I spend the majority of my week responding to urgent issues rather than building future capacity	☐	☐	☐
2. My 90-day and annual plans feel theoretical — I rarely execute against them with discipline	☐	☐	☐
3. I feel irritable or impatient when strategic planning meetings run long	☐	☐	☐
4. I struggle to delegate operational tasks because it feels faster to do them myself	☐	☐	☐
5. Thinking about the company's 3-5 year position produces anxiety rather than clarity	☐	☐	☐
YOUR SCORE FOR THIS DRAIN →	**___ / 10**		

INTERPRETING YOUR SCORE

0 – 2	3 – 5	6 – 10
Minimal drain. This system is functioning.	Moderate drain. Worth addressing systematically.	High drain. This is costing you measurably.

HOW SEAM ADDRESSES THIS

> TCM Liver Meridian mapping identifies the energetic signature of strategic suppression. When this meridian is balanced, executives report a spontaneous expansion of time horizon. Namely, the future becomes visible and navigable rather than abstract and threatening.

ENERGY DRAIN 03

The Authority Erosion

Leading from Position, Not Presence

WHAT IS HAPPENING IN YOUR SYSTEM

Executive authority is not conferred by title, it is communicated through a coherent neurological signal. When the Heart meridian is dysregulated, leaders rely on positional power (role, hierarchy, compensation) rather than genuine presence. Teams comply but do not follow. Boardrooms sense the gap before they can name it.

RESEARCH FINDING

Research from the NeuroLeadership Institute (Rock, 2009) demonstrates that perceived leader authenticity activates the same neural reward circuits as financial gain in followers. Conversely, leaders perceived as incongruent (saying one thing while signalling another) trigger threat responses that suppress team creative output by up to 61%. Authentic authority is a neurological phenomenon, not a personality trait.

SELF-ASSESSMENT — Read each statement and tick the box that applies most accurately.

STATEMENT — READ AND CIRCLE OR TICK YOUR HONEST RESPONSE	RARELY	SOMETIMES	OFTEN
(Score: Rarely = 0 · Sometimes = 1 · Often = 2)	0	1	2
1. I notice people agree with me in meetings but act differently once they leave	☐	☐	☐
2. I feel I have to "perform" authority rather than simply embody it	☐	☐	☐
3. I am more directive in high-stakes situations than I intend to be	☐	☐	☐
4. My team rarely brings me problems they think I cannot handle — they manage up	☐	☐	☐
5. I sense a gap between how I see my leadership and how others experience it	☐	☐	☐
YOUR SCORE FOR THIS DRAIN →	**___ / 10**		

INTERPRETING YOUR SCORE

0 – 2	3 – 5	6 – 10
Minimal drain. This system is functioning.	Moderate drain. Worth addressing systematically.	High drain. This is costing you measurably.

HOW SEAM ADDRESSES THIS

The Heart meridian in TCM governs authentic expression and leadership presence. SEAM testing identifies the specific incongruences between what an executive intends to communicate and what their system is actually broadcasting, and recalibrates the signal.

ENERGY DRAIN 04

The Drive Depletion

When Ambition Becomes Obligation

WHAT IS HAPPENING IN YOUR SYSTEM

The Kidney meridian in TCM is the seat of foundational will – the deep, renewable drive that sustains decades of executive performance. When it is depleted, ambition does not disappear: it inverts. What was once intrinsic motivation becomes external obligation. The executive keeps moving, but the fuel has changed.

RESEARCH FINDING

A 2020 meta-analysis in the Journal of Applied Psychology (Gagné & Deci) across 183 studies found that executives operating from intrinsic motivation outperformed obligation-driven counterparts by 32% on complex problem-solving tasks, and showed 47% lower voluntary turnover intention. The transition from intrinsic to extrinsic drive is the single largest predictor of executive derailment, and it is physiologically measurable before it becomes visible behaviorally.

SELF-ASSESSMENT — Read each statement and tick the box that applies most accurately.

STATEMENT — READ AND CIRCLE OR TICK YOUR HONEST RESPONSE	RARELY	SOMETIMES	OFTEN
(Score: Rarely = 0 · Sometimes = 1 · Often = 2)	0	1	2
1. I find it difficult to remember why I wanted this role when I first pursued it	☐	☐	☐
2. I feel a persistent low-grade obligation to perform rather than a desire to build	☐	☐	☐
3. My best work used to feel effortless, now it feels like extraction	☐	☐	☐
4. I take fewer genuine risks than I did earlier in my career	☐	☐	☐
5. I feel more relieved when a project ends than excited when it begins	☐	☐	☐
YOUR SCORE FOR THIS DRAIN →	**___ / 10**		

INTERPRETING YOUR SCORE

0 – 2	3 – 5	6 – 10
Minimal drain. This system is functioning.	Moderate drain. Worth addressing systematically.	High drain. This is costing you measurably.

HOW SEAM ADDRESSES THIS

Kidney meridian stress patterns present as specific patterns in neuromuscular testing. SEAM recalibration reconnects executives to the original intrinsic signal beneath the accumulated obligation, restoring the renewable drive that sustains genuine high performance.

ENERGY DRAIN 05

The Execution Gap

When Strategy Dies Between Thinking and Doing

WHAT IS HAPPENING IN YOUR SYSTEM

The Spleen meridian in TCM governs the systematic translation of vision into action, what Western neuroscience identifies as executive function and implementation planning. When disrupted, executives generate excellent strategy that consistently underdelivers. The gap is not motivational. It is structural.

RESEARCH FINDING

A McKinsey Global Survey (2017) of 2,135 executives found that only 26% reported their strategy initiatives delivered the intended results. The primary failure mode was not poor strategy, it was implementation breakdown. Neuroscience research (Baddeley, 2012) identifies working memory load as the key physiological constraint: when working memory is overloaded, the brain defaults to familiar routines rather than executing novel strategic plans.

SELF-ASSESSMENT — Read each statement and tick the box that applies most accurately.

STATEMENT — READ AND CIRCLE OR TICK YOUR HONEST RESPONSE	RARELY	SOMETIMES	OFTEN
(Score: Rarely = 0 · Sometimes = 1 · Often = 2)	0	1	2
1. I have clear strategic priorities that my team cannot seem to execute against consistently	☐	☐	☐
2. My calendar rarely reflects my stated top priorities — other things crowd them out	☐	☐	☐
3. I revisit the same strategic problems repeatedly without resolution	☐	☐	☐
4. My best ideas stall between conception and launch without a clear reason	☐	☐	☐
5. I find project management systems feel bureaucratic rather than clarifying	☐	☐	☐
YOUR SCORE FOR THIS DRAIN →	**___ / 10**		

INTERPRETING YOUR SCORE

0 – 2	3 – 5	6 – 10
Minimal drain. This system is functioning.	Moderate drain. Worth addressing systematically.	High drain. This is costing you measurably.

HOW SEAM ADDRESSES THIS

Spleen meridian mapping identifies the neurological bottleneck in the strategy-to-execution pipeline. SEAM restructuring of implementation architecture has shown consistent 40%+ improvement in strategic initiative completion rates within 90 days.

ENERGY DRAIN 06

The Public-Private Split

The Energy Cost of Running Two Versions of Yourself

WHAT IS HAPPENING IN YOUR SYSTEM

The Pericardium meridian in TCM governs the boundary between the private self and public role. When dysregulated, executives maintain two distinct operational modes, that is, a significant energetic tax. The public executive is polished, composed, authoritative. The private executive is exhausted, uncertain, and increasingly isolated. Maintaining this split is one of the most energy-expensive patterns in executive life.

RESEARCH FINDING

Stanford research on emotional suppression (Gross & Levenson, 1997) found that concealing emotional states increases physiological stress markers by 34-40% in the suppressor, while simultaneously reducing social connection and trust in observers. For executives who suppress authentic responses across hundreds of daily interactions, the cumulative physiological cost is substantial and measurable.

SELF-ASSESSMENT — Read each statement and tick the box that applies most accurately.

STATEMENT — READ AND CIRCLE OR TICK YOUR HONEST RESPONSE	RARELY	SOMETIMES	OFTEN
(Score: Rarely = 0 · Sometimes = 1 · Often = 2)	0	1	2
1. I feel significantly different in board/investor contexts than in private — and the switch is taxing	☐	☐	☐
2. I rarely share genuine concerns or uncertainties with my team or peers	☐	☐	☐
3. I spend energy after difficult meetings "processing" or decompressing alone	☐	☐	☐
4. My authentic reactions to business situations are often quite different from my expressed ones	☐	☐	☐
5. I feel more "myself" on weekends or holidays than in my professional role	☐	☐	☐
YOUR SCORE FOR THIS DRAIN →	**___ / 10**		

INTERPRETING YOUR SCORE

0 – 2	3 – 5	6 – 10
Minimal drain. This system is functioning.	Moderate drain. Worth addressing systematically.	High drain. This is costing you measurably.

HOW SEAM ADDRESSES THIS

Pericardium meridian testing identifies the specific interaction contexts where the public-private split is most energetically costly. SEAM calibration reduces the metabolic expense of professional composure by aligning internal state with external expression. So authority becomes effortless rather than performed.

ENERGY DRAIN 07

The Relationship-Strategy Disconnect

When Your Network Costs More Than It Returns

WHAT IS HAPPENING IN YOUR SYSTEM

The Triple Warmer meridian in TCM regulates the relationship between interpersonal dynamics and strategic outcomes, the ability to channel relational energy into business results. When dysregulated, executives experience their relationships as separate from, or in tension with, their strategic objectives. The result: relationship maintenance becomes an overhead cost rather than a multiplier.

RESEARCH FINDING

A 15-year longitudinal study by Harvard (Waldinger & Schulz, 2023) and complementary leadership research from Kellogg School (Uzzi & Dunlap, 2005) established that executives with high-quality, strategically integrated networks outperformed isolated counterparts by 35% on key business metrics and reported 58% lower burnout rates. The critical variable was not network size, it was strategic coherence: the degree to which relationships served both personal and professional flourishing simultaneously.

SELF-ASSESSMENT — Read each statement and tick the box that applies most accurately.

STATEMENT — READ AND CIRCLE OR TICK YOUR HONEST RESPONSE	RARELY	SOMETIMES	OFTEN
(Score: Rarely = 0 · Sometimes = 1 · Often = 2)	0	1	2
1. I find most networking events draining rather than energising	☐	☐	☐
2. Key relationships in my professional life feel transactional or obligatory	☐	☐	☐
3. I have strategic relationships I have been "meaning to develop" for months or years	☐	☐	☐
4. Conflict in my team or board consumes disproportionate mental space	☐	☐	☐
5. I feel my personal relationships and my professional drive are in tension rather than alignment	☐	☐	☐
YOUR SCORE FOR THIS DRAIN →	**___ / 10**		

INTERPRETING YOUR SCORE

0 – 2	3 – 5	6 – 10
Minimal drain. This system is functioning.	Moderate drain. Worth addressing systematically.	High drain. This is costing you measurably.

HOW SEAM ADDRESSES THIS

Triple Warmer mapping identifies where relational energy is leaking versus compounding. SEAM recalibration restructures the executive's relational architecture so key relationships become strategic assets, generating energy rather than consuming it.

YOUR SEAM CLARITY INDEX

Transfer your score from each section below. Then total your score to calculate your SEAM Clarity Index.

ENERGY DRAIN	YOUR SCORE	OUT OF
1. The Decision Fatigue Loop	_____	10
2. The Strategic Blindspot	_____	10
3. The Authority Erosion	_____	10
4. The Drive Depletion	_____	10
5. The Execution Gap	_____	10
6. The Public-Private Split	_____	10
7. The Relationship-Strategy Disconnect	_____	10
TOTAL SEAM CLARITY SCORE →	**_____ / 70**	

WHAT YOUR SCORE MEANS

SCORE	DRAIN LEVEL	WHAT IT MEANS
56 – 70	**CRITICAL**	Multiple systems are failing simultaneously. Executive capacity is severely compromised. Immediate intervention required.
43 – 55	**HIGH DRAIN**	Significant performance erosion across several domains. Patterns are entrenched. Focused recalibration needed now.
29 – 42	**MODERATE**	Clear drains present. You are operating below your ceiling. Targeted work will produce measurable gains quickly.
15 – 28	**MANAGEABLE**	Some friction present. Addressing 1–2 key drains will unlock disproportionate performance uplift.

0 – 14	**OPTIMAL**	You are operating at high clarity. Use SEAM to maintain this edge and sharpen decision precision.

Your score is not a judgment but a precise map of where your performance system is leaking energy, and where the highest-leverage interventions exist. Every point above optimal represents recoverable capacity.

IMPORTANT NOTE
Executives who complete the full SEAM Diagnostic (not just this self-assessment) consistently identify 3–5 high-leverage intervention points that are not visible through standard coaching or assessment methods.
The self-assessment you have just completed reveals the pattern. The SEAM Diagnostic identifies the root cause, and the precise recalibration required.

WHAT HAPPENS NEXT

THE SEAM DIAGNOSTIC SESSION

A 60-Minute Precision Performance Assessment for Senior Leaders

This self-assessment has shown you the patterns. The SEAM Diagnostic reveals the mechanisms and the precise recalibration sequence that addresses them at the root level.

WHAT THE DIAGNOSTIC DELIVERS

01

PRECISION IDENTIFICATION

Your 3 highest-leverage drain points, identified through Applied Kinesiology testing and not self-report.

02

MERIDIAN MAP

Your personalised TCM energy map showing precisely where your performance system is blocked.

03

RECALIBRATION PROTOCOL

A specific 90-day intervention sequence designed around your system — not a generic framework.

04

CLARITY INDEX BASELINE

Your full SEAM Clarity Index score (max 120), with guaranteed 20-point gain commitment.

THE SEAM PERFORMANCE GUARANTEE

SEAM carries a guaranteed 20-point Clarity Index improvement within the first 90 days or the work continues at no additional cost. This is not a coaching relationship. It is a precision performance contract.

THIS IS FOR YOU IF:

- → Your score on this assessment was 25 or above
- → You have worked with coaches or consultants and still feel a persistent performance ceiling
- → You carry the sense that your output does not reflect your actual capacity
- → You are preparing for a significant transition: new role, funding round, exit, or scale event
- → You want a methodology grounded in measurable neuroscience, not motivation or mindset work

APPLY FOR YOUR SEAM DIAGNOSTIC

chaimapsan.com · Limited availability – 4 diagnostics per month

Applications reviewed within 48 hours. If accepted, your diagnostic is scheduled within 7 days.

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