

Emotional Intelligence Self-Management Exercise®

Emotional Intelligence (EQ) refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.”--- Daniel Goleman, 1988

The ability to perceive, understand, and manage *emotions*, is a flexible skill and increases with age.

Self-Awareness

- *Reflection.*
- Importance of understanding your own emotions and feelings – as they happen and upon reflection.

Self-Management

- *Emotional self-control and positive outlook.*
- Your ability to use awareness of your emotions to stay flexible and positively direct your behavior.
- About managing your emotional reactions to situations and people.
- Includes self-care.

Social Awareness

- *Deep, empathetic listening, putting yourself in the other person’s shoes.*
- Your ability to accurately pick up on emotions in other people and get what is really going on.
- Perceiving and feeling what other people are thinking and feeling even if you do not feel the same way.

Relationship Management

- *Inspirational leadership, influence, coaching, and mentoring.*
- Your ability to use awareness of your emotions and the emotions of others to manage interactions successfully.
- Product of the first three EQ skills.

Emotional Intelligence Self-Management Exercise

Self-Management: Your ability to use awareness of your emotions to stay flexible and positively direct your behavior.

Includes emotional, adaptability, conscientiousness, trustworthiness, initiative, optimism and achievement. (Primal Leadership, Daniel Goleman)

What are some things you’ve done over the last month that are fulfilling and help you feel centered and happy?

Energy boosters are things that give you energy. Include some things that don't take a lot of effort on your part but just make you feel happy – things that rejuvenate you and are good for your soul.

- Meditating, praying
- Helping someone who is less fortunate than you
- Playing sports, exercising
- Spending time in nature
- Spending time with friends

Energy drainers are things that drain your energy.

- Spending time with negative people
- Spending too much time texting or on the internet
- Unfinished projects

Please list out in the left column energy drainers and in the right column energy boosters.

Energy Drainers	Energy Boosters

1. What energy boosters are you willing to add to your current schedule?

2. What energy drainers can you remove from your day?