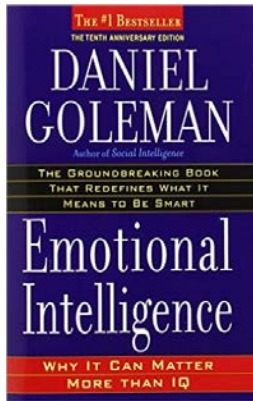


val **YOU** able  
actYOUlization worksheet



## Emotional Intelligence

Why It Can Matter More Than IQ  
BY Daniel Goleman-Bantam ©1997

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“Anyone can become angry- that’s easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way- that is not so easy.” ~Aristotle

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## 5 Domains of Emotional Intelligence:





actYOUlization worksheet

### Questions to Increase your EQ!

1. Start to pay close attention to your moods. What is influencing your good and bad moods? Is it thoughts, environment, time of day, other people, food you ate, amount of sleep, etc?

2. When you are in a bad mood what activities do you use to try and positively influence your mood (tv, eating, gossip, substances...)? Does it work, do you actually feel better? Often we turn to our vices to feel better but we end up feeling worse.

3. STOP believing everything you think. Question your negative thinking. Use Byron Katies 4 Questions. Is it true? Do you absolutely know it is true? How do you react when you believe this thought? Who would you be without this thought?

4. To motivate yourself you need to know your “WHY.” What do you really want? What are you doing or thinking that is blocking you?

5. Social awareness and competence relies on your ability to see from other people’s point of view and empathize with them. Only from a place of connection and respect can you find truly satisfying relationships and solutions to issues. Stop trying to prove your point and instead focus on understanding others. How can you demonstrate you understand them OR at least you are trying to?