



How Emotionally Intelligent are you?

Take the Quiz



Here's a Fun Way to Boost Your Success!

Hey there, growing your EQ can lead to a richer life, stronger family ties, and better work success! The Harvard Studies show that deep relationships, built on emotional skills like EQ, bring happiness and health. Want to see how your EQ measures up? Let's dive in and discover!

For each of the statements, respond on a scale from one to five depending on how much you feel the statement is true for you. Flip the page to see your results

1: Not at All 2: Rarely 3: Sometimes 4: Often 5: Very Often

- | | |
|---|--------------------------|
| 1. I can recognize my emotions as I experience them. | <input type="checkbox"/> |
| 2. When I get angry, I can turn that anger into passion and action. | <input type="checkbox"/> |
| 3. I can admit when I make a mistake. | <input type="checkbox"/> |
| 4. I can calm myself down quickly when I feel upset. | <input type="checkbox"/> |
| 5. I maintain a sense of humor. | <input type="checkbox"/> |
| 6. I explain my decisions to those they affect. | <input type="checkbox"/> |
| 7. I can identify character emotions while watching movies and reading books. | <input type="checkbox"/> |
| 8. I can listen without judging. | <input type="checkbox"/> |
| 9. I connect with people quickly and easily. | <input type="checkbox"/> |
| 10. I am a good listener. | <input type="checkbox"/> |
| TOTAL | <input type="checkbox"/> |



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Results



You've just taken a peek into your Emotional Intelligence—how amazing is that? Count up your total—a higher number means you're more in tune with your emotions and others'. But no matter where you land, don't fret. See the following pages for ways to up your EQ.

- If you scored between 10–24, you might consider strengthening your emotional intelligence. It will serve you well in business, relationships, life, and of course, coaching. And don't worry, there are lots of tips to help you do that found on the next page.
- If you scored between 25–37, your emotional intelligence is average which means there is an opportunity for you to improve and continue to develop this important part of yourself.
- If you scored between 38–50, congratulations! You're an emotionally intelligent person. Of course, there is always room for improvement so make sure you dive into the tips on the next page to develop your emotional intelligence even further.



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Boost Your EQ

Building your EQ means connecting with yourself and others on a deeper level—I got you! Pick from the list what feels interesting to start, adding more as you go, and enjoy the process! These tips will guide you to tune into your emotions and create more meaningful connections with those around you. Have fun!

- Nonjudgmentally observe your emotions. Don't label them as "good" or "bad."
- Lean into discomfort in order to truly understand your negative emotions.
- Begin to associate physical feelings with your emotions.
- Journal about your emotions.
- Remain level-headed in the midst of a bad mood or a good mood.
- List your values and evaluate whether your pattern of responses align with your values.
- Actively identify character emotions while watching movies and reading books.
- Become aware of your tendencies in the face of extreme stress.
- Breathe deeply, with your belly.
- Make your goals public.
- Count to ten to maximize the "white space" in between emotion and action (or speech).
- Take control of your self-talk.
- Visualize your own success.
- Practice sleep hygiene (see the next page—yep, I'm givin' up the goods!).
- Talk to an objective third-party.
- Allow your brain time to recharge each day.
- Greet people by name.
- Be aware of your own body language.
- Become more conscious of others' body language.
- Create a list of questions to ask during "awkward pauses".
- Live in the moment.
- Take a 15-minute tour of your workplace, noting the body language and emotional states of your coworkers. This can also be done at home.
- People watch.
- Be open and curious.
- Welcome constructive criticism and feedback.
- Make yourself more accessible to others.
- Turn anger into positive passion and action.
- Explain your decisions to those they affect.
- Give thoughtful, constructive, frequent feedback.

DREAMY SLEEP strategies



I know restless nights can weigh heavy, but I'm here with a little love to help you rest easy! Here are some better sleep strategies, straight from my Wise & Wild Way program, that are simple, practical ways to calm your mind and body. Now, you can drift off peacefully and wake up ready to shine—let's get you that dreamy sleep you deserve!

- **Stick to a regular sleep schedule:** Go to bed and wake up at the same time every day, even weekends, to help your body get sleepy on cue—bright morning light can make this even easier.
- **Skip stimulants after morning:** Avoid caffeine (chocolate or beverages) in the evening—they'll keep you up and mess with your deep sleep, which is the most refreshing kind.
- **Keep your bed just for sleeping and intimacy:** Eliminate TV, cell phone, or laptops here, and if reading helps you doze, use a dim 15-watt bulb so bright light doesn't keep you awake.
- **Dim the lights before bed:** Lower the lights in your living room and bathroom to ease into sleep mode—bright lights in the morning are great, but not at night.
- **Don't stress if you're not sleeping enough:** Worrying makes it worse, so trust your body, try these tips, and know you'll rest when you're ready.
- **Avoid exercise close to bedtime:** Keep workouts at least 3 hours before bed so your body can wind down, though a gentle, calming yoga session can be a sweet exception to help you ease into rest.
- **Don't go to bed hungry:** Grab a light snack if you need it, but skip heavy meals that might keep you up—a cup of cultured cream or yogurt can be a soothing choice to settle your stomach and ease you into sleep.
- **Create a calming bedtime routine:** Sip herbal tea or meditate an hour before bed to start winding down—keep it consistent for the best rest.
- **Avoid the clock:** If you wake up at night, don't peek at the clock—it'll just stress you out, so turn it away and drift back to sleep.
- **Get up if you're awake too long:** If you can't sleep after 30 minutes, get out of bed and do something boring in dim light until you're sleepy again.
- **Keep your room comfy:** Make sure it's not too hot or cold—cooler is better for sleep—and use a fan or white noise machine to block out any disruptive sounds.
- **Skip the nightcap:** Alcohol might help you fall asleep, but it'll wake you up later, especially if you snore or have sleep apnea, so it's better to pass.

These tips are your gentle nudge to rest well, because you deserve nights as peaceful as your heart.