

10 WAYS TO IMPROVE YOUR EMOTIONAL INTELLIGENCE



1. Ask & Reflect

- How do my moods affect my thoughts and decision-making?
- What is my communication style and how does it affect others?
- What traits in others bother me and why?

2. Pause

If you feel yourself beginning to respond emotional to a situation, take a pause.

3. Adjust Your Volume

Speak in a calm, rational voice - your conversation partner will often mimic your style & tone.

4. Learn to Say No

It's great to be helpful but know your limits. Don't put yourself on the path to burnout.

5. Ask for Feedback

"What do I do, or don't do, that's holding me back?"

6. Practice Empathy

Listen without judgement and ask yourself "When have I felt similar to what this person has described?"

7. Forgive

Forgiveness let's you move forward without resentment.

8. Be Honest

Be authentic but respectful. Share your true thoughts and feelings knowing not everyone will agree with you, and that's ok.

9. Commend Others

Take the time to reflect on what you appreciate about someone in your life. Then take the time to tell them how you feel.

10. Acknowledge Feelings

Don't ignore your feelings; instead acknowledge them. Then, move forward in a way that's in harmony with your goals and values.

Source: EQ Applied: The Real-World Guide to Emotional Intelligence by Justin Bariso