

Emotional Intelligence (EQ) exercise

STEP ONE: To begin, imagine something negative that has happened in your life, maybe a recent argument or disagreement with someone. As you imagine this scenario, as if you were there again, notice how your body feels and what physical sensations arise.

- A) List all of the feelings and physical sensations noted during the visualization.
- B) Give those feelings an overall rating from 0 (neutral) to negative 10 (very negative)
- C) Lastly, come up with a name for that feeling, such as the 'Shackles On' feeling to help remind you of when your body is giving you a no/negative response.

STEP TWO: Shake off the negative visualization (you don't need to keep it) and now let's move to the positive. Close your eyes again, get centered and imagine one of the most positive experiences in your life. As you imagine this scenario, as if you were there again, notice how your body feels and what physical sensations arise.

- A) List all of the feelings and physical sensations noted during the visualization.
- B) Give those feelings an overall rating from 0 (neutral) to positive 10 (very positive)
- C) Lastly, come up with a name for that feeling, such as the 'Shackles Off' feeling to help remind you of when your body is giving you a yes/positive response.

STEP THREE: Listening to your body in this way may take some practice, so I suggest using your mind-body connection throughout your day-to-day life to tap into what you are truly feeling.

STEP FOUR: Begin to align your decision-making with what feels positive or resonates with you, and be willing to let go of what feels negative or dissonant for you.

STEP FIVE: For the things that feel negative or dissonant for you that you can't just 'let go of' such as doing laundry, or accounting in your business ... try to better them in some way, by increasing positivity during the experience. I.e. playing music you really enjoy while doing the activity.