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Summary: Emotional Intelligence

Being able to tell how my emotions affect me and the others around me will help me become more self-aware as well as use and manipulate my own emotions to help instead of hindering myself and others around me. If I can properly do this, I will be able to find my pace and purpose in life. I need to know my triggers and what makes me react the way I do. For example, when I get frustrated, I shut down and stop doing whatever I’m doing, even if I was having fun before. Instead of getting frustrated I need to try and prevent it or turn my frustration into motivation to help me get over it and back on track in life or just in a small project.

Summary: Self Awareness

From the second video learned: I need to check up on myself, but I need to check on my self in the right way. If I try to become self-aware in the wrong way, I will only hurt myself in the long run instead of improving. One example is asking “What” instead of “Why”. When I fail a test or do bad on an assignment I will usually ask: “Why did I get this bad grade?” instead of:   
“What did I do to get this bad grade, and what do I need to do to fix it”. This criticism is a lot more constructive than the first, and pushes the blame on my actions to help me improve instead of trying to blame others for my problems.

Self-Awareness Strategies

One of the best self-awareness strategies I saw was “Know who and What pushes your buttons.” In high school I was having a hard time with homework and this was before I learned what bothered me. Once I figured out that I can’t study without meaning I can’t stay engaged. Before I do anything, I try to find the larger purpose for and to motivate me and push me through. Another one is “Don’t Be fooled by a bad mood” Many times I’ve woken up on the wrong side of the bed and have let it ruin my day. I want to stop letting theses emotions control my day so I can overcome and become a stronger person instead of just holding myself back.

Self-Management Strategies

One of the worst things I do is lose control of my self-talk when I need to take control of it. I will put myself down calling myself stupid or dumb for not being able to complete something. But I’ve recently learned that I just need to motivate myself instead of bringing myself down. This boosts my production tenfold. I feel fantastic both mentally and physically. Something that I have an impossible time with is accepting that change is just around the corner. Sometimes I still find it hard to accept change that has already happened. I want to better prepare for the future and for change so it dose not take a massive toll on m mental heath much like COVID-19 did. I want to be able to take problems with stride

Social Awareness Strategies

One thing that I do all the time during a conversation is ramble, a lot. Sometimes people hate it, and I understand. I want to learn how to listen. There are times where I will ignore what a person is saying just so I can remember my points and return fire in a discussion or argument. I want to value other opinions, because I usually do. I just need to learn how to give my full attention to the speaker at the moment. One thing that everyone does is ignore the full picture, I have been discussing a social or political topic and have often been blindsided or ignore facts just because I think they are wrong when in reality I just wanted to fill my own narrative. I want to actively seek out the whole picture before I pick a side are voice my opinion to better help myself and the people around me.

Relationship Management Strategies

One thing that I think I do personally well is take feedback well. Being in Band taught me that I am almost never doing something perfect. With so many little details to remember you half to be able to take feedback and use it to your advantage instead of getting upset about it. Most people who give you feed back in your personal life are not here to hurt you but instead trying to help you. So, don’t take feedback personally or like an attack. Using feedback, I have gotten from others I have been able to make myself a better person. I’m cleaner, smarter, more observant, and more helpful because I could take other criticisms of me and turn that into gold. One thing that I struggle with is trying to avoid the inevitable. Weather Is breaking bad news or studying for a test I know nothing about I try to avoid thigs I don’t want to worry or care about in the moment. This has harmed me and my loved ones many times. I’ve learned that the sooner you bring something up, the more time you have to work on the issue or talk about the “bad” thing that went wrong.