



## First Blog

### Emotional Intelligence

What is **emotional intelligence** and why is this so important for us?

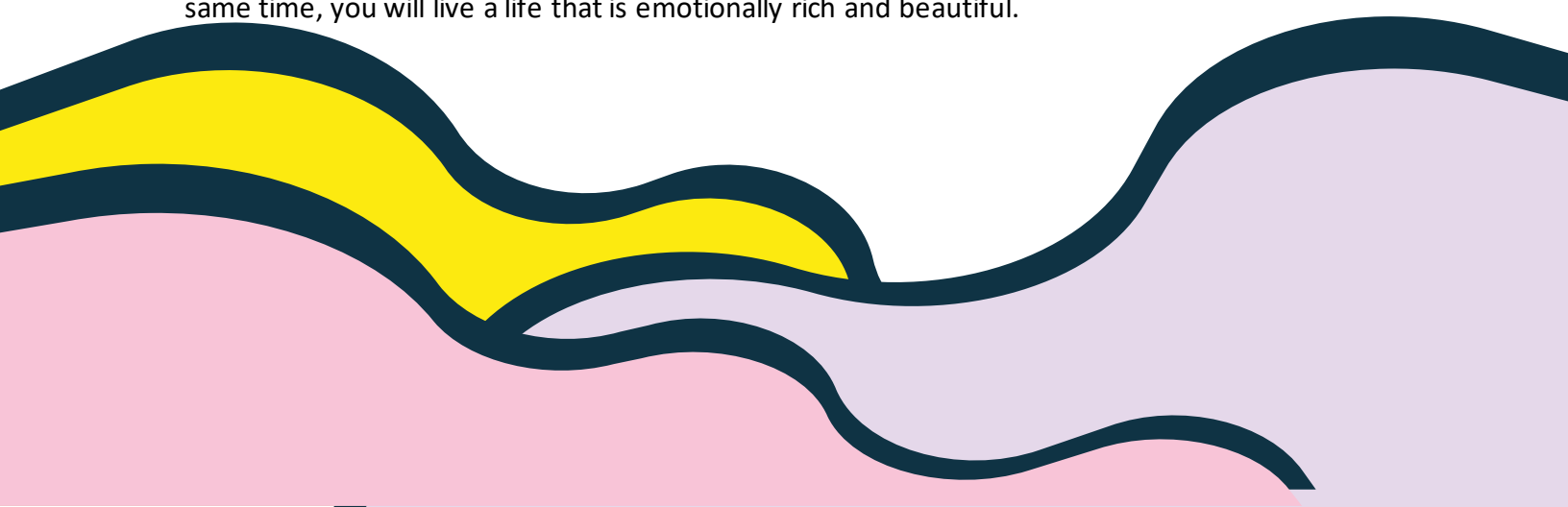
Nowadays, people started to forget about emotions and feelings. Everyone is too focused on physical appearance, and they try to find the key to be accepted by others. In this way they start to change themselves and they become strangers in their own bodies and minds.

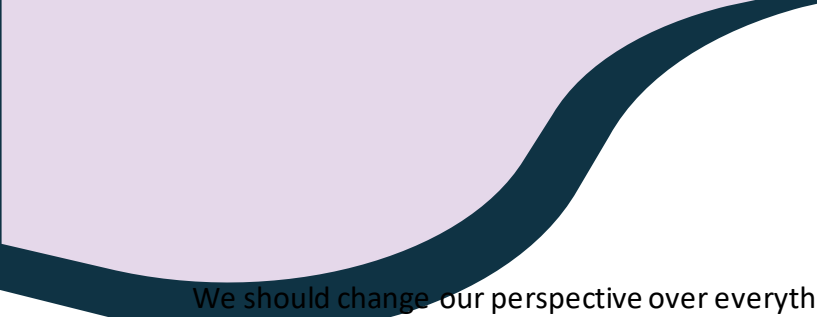
Others are focused on work and forget to live in the moment, enjoying the presence of other people. They are getting good jobs or making their own businesses, but at the same time they are lonely. They are surrounded by faces, but none of them feels familiar.

Don't get me wrong, physic, work and making a career are important in our lives, but that's not all. We need to have balance, especially now, when sometimes we feel that everything is falling apart. People think that if they do not let themselves feel or do not open to others, then they do not give anyone the opportunity to hurt them. They are wrong, because they forget about one important person, who is making them suffer in silence. That person, whom we see each day when we look in mirror.

At some point, everyone is accepting a person in his/her life. But it is important to keep in mind that we let in a human being, who might be hurt as well. We all should know that people are fragile, and they do not deserve to be used to fulfill an emptiness we made in our life. We should appreciate more that person and make him/her a place in our heart. But then we might end up suffering, right? And we already did suffer a lot in our lives. We did not learn our lesson already?!

Let me tell you something. You feel a lot, but that also mean that you will suffer a lot. At the same time, you will live a life that is emotionally rich and beautiful.





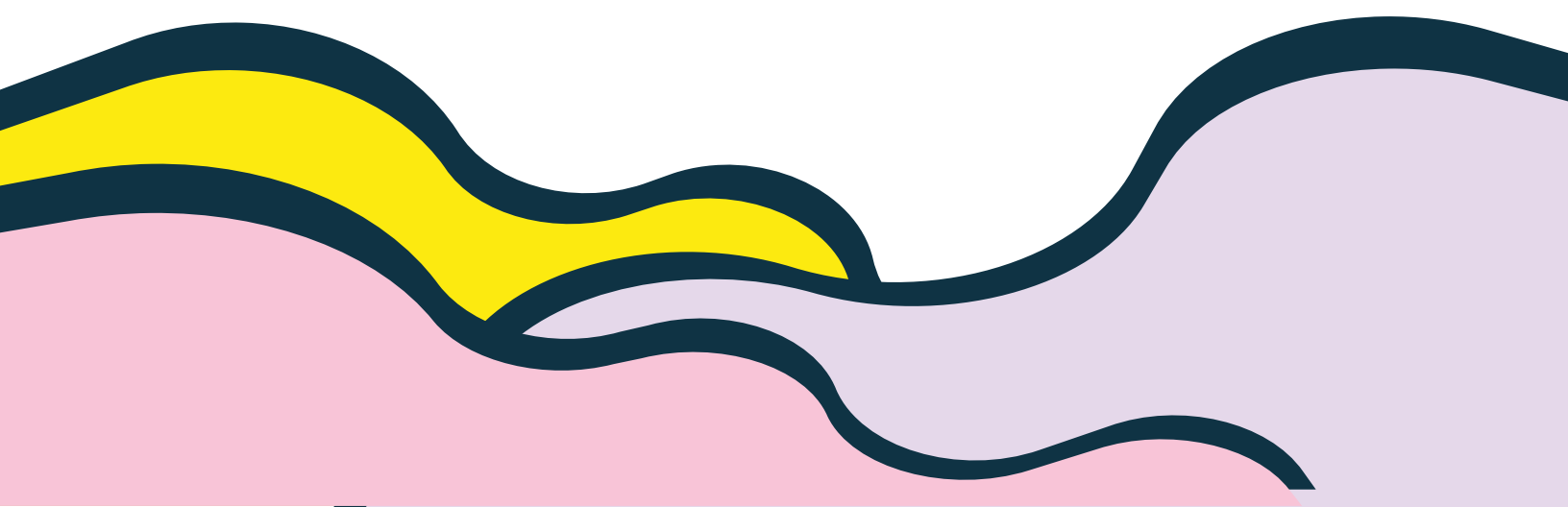
We should change our perspective over everything that happens in our lives in order to be happy.

You had a bad experience? Did someone hurt you? Good, now you know what kind of people and situations to let out of your life. But do not close yourself to good people or amazing opportunities, just because you are scared. I understand that you suffered a lot, but don't you think it is time for you to be happy? You cannot be happy if you just hide yourself from people and from the world.

A relationship did not end up good? You lost a friend; you lost a lover? Okay, but why you are focusing on just the bad? When did you stop seeing the good parts? Do not forget how that person made you feel, how you saw your life back then when they were still around. It is over, you cannot read the same book repeatedly. At some point, you will realize it has the same ending and you have to move on. Take that relationship as an experience and be happy that you learnt so many things from it. Keep in mind, don't lower your standards in future as well, maybe just rise them as you feel that you deserve. You deserve good, do not doubt that.

Did someone close to you die? I am sorry and I'm sure that everyone is, but think about what that person would have wanted from you? They would have wanted you to be happy and live your life. Time is precious and you should know it better. Start living, enjoying life. If you are not doing this for yourself, then do it for that person.

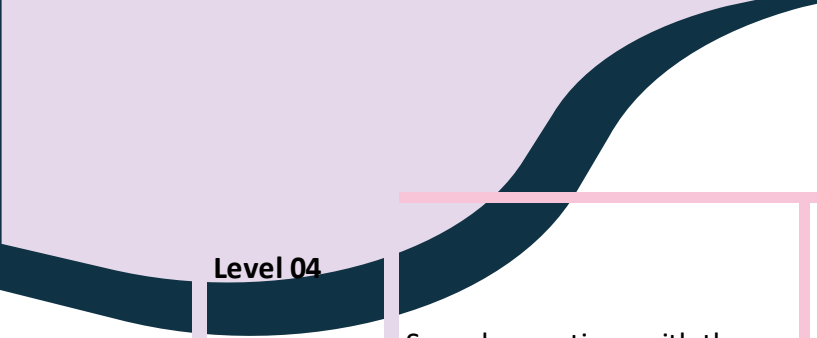
I am sure you are an amazing person, why trying to be someone completely different? You can be the best version of yourself and at the same time to be unique in your own way. No everyone will like you? That's true, but trust me, not everyone has to like you. It is enough if there are few of them, but they are the right ones. Even those who don't like you, will appreciate that you are special, and you have courage to be who you are! They won't tell you, but you don't have to know it from them. Their actions will tell more than their words.



Are you not tired of hiding what you feel? You don't see what is happening in the world nowadays?! You don't want to waste time being afraid. Opportunities and people are coming in your life, but if you don't take and appreciate them, you will lose them. It is the easy way, but why taking the easy way in life and avoiding your feelings, when you can take the harder way. There will be days when you will suffer, but there will be days when you will feel unstoppable.

Let's try something. We will make a level of courage table. It is okay if you want to take it easy and start with the lowest level. It is important that you have the courage that you start in the first place.

<b>Level 01</b>	<b>Bravest</b>  Meet in person	Tell the important people in your life that you appreciate them, that you love them or anything that it is on your heart. Do not wait that they will say something in return. You are doing this for yourself. No matter what they say, you should be proud of yourself. Don't forget to show them all you said through your actions.
<b>Level 02</b>	<b>Braver</b>  Write them a letter and give it to them in person	You cannot find your words when you are nervous? It is okay. There is also a beautiful traditional way of sharing your feelings. Write what you feel in a letter and deliver it in person. It is important that you give them the letter so that they know, that you really mean what you write. Don't forget to show them all you said through your actions.
<b>Level 03</b>	<b>Brave</b>  Write them a letter and send it to them by post or through someone else	Maybe you are far away from your lover, friend, parent, or family member. Anyone who is close to your heart. That doesn't stop you by telling them what you feel or simply that you appreciate them. Write them a letter and make sure it makes its way to them. Don't forget to show them all you said through your actions.
	<b>Courage – Brave enough to start</b>	You are maybe unsure of your feelings, or you don't know the best way to express them? A start will be to just spend time with that person. Make them feel



#### Level 04

Spend more time with them and when you feel ready tell them

that they are important to you and that you appreciate them. Pay attention to details and surprise them. It might be possible that your actions will tell more in that moment. Be prepared to tell them in future as well.  
I am proud of you that you try! The start is the hardest.

I hope you liked this weeks' blog! I can't wait to receive emails from you with what you think of this topic or even questions about this or other topics. If it is an important topic, I will make sure that I will write a blog about it.

Also send me the choice you made and how it went! I believe in you! It's time for all of us to make room to **emotional intelligence** in our lives!