

52 Ways to Improve Emotional Intelligence

SeR: Self-Awareness

1. Think before acting. Consider consequences and perform with deliberation.
2. Take time to learn, define, and understand a minimum of 100 different emotions.
3. Accept personal feelings as information without judgment or rejection.
4. Connect emotions and thoughts. Think about the causes and impacts of feelings.
5. Tune into the subconscious by recognizing the physical impacts of emotions.
6. Recognize both positive and negative emotions. Reinforce the positive and lessen the negative.
7. Determine personal strengths and weaknesses. Develop realistic self-acceptance and appreciation. Have positive self-assurance and strong confidence.
8. Find things to like about yourself. Establish self-awareness and esteem.
9. Take time to reflect and understand inner feelings. Support intrapersonal effectiveness through positive self-talk; self-affirmation; constructive visualization and/or journalizing.
10. Make active decisions to choose positive, constructive feelings. Have dreams and plans for self-actualization.
11. Establish the practice of relaxing, refreshing and renewing through meditation and reflection.
12. Develop habits of inner attention. Use physical and mental senses to have an active awareness of physical, mental and emotional sensations.
13. Get outside feedback and support. Let others offer information on the feelings they see displayed.

SeM: Self-Management

14. Develop habits of self-control and personal discipline.
15. Accept responsibility for behavior, communication, performance and impact.
16. Create a sense of conscience, morality and integrity and act consistently with personal values and principles.
17. Determine personal boundaries and act assertively (rather than passively or aggressively).
18. Actively set goals and objectives. Support achievement with diligence, tenacity and the personal qualities necessary to succeed.
19. Self-motivate. Generate a passion, excitement, enthusiasm and energy to pursue objectives.
20. Be likeable. Cultivate eclectic interests, be nice, courteous and someone worth knowing.
21. Have a maturity and seriousness of purpose. Provide inner direction and drive for curiosity, creativity and imagination.
22. Manage stress, effort, time and impulsiveness. Take command of personal performance.
23. Plan. Have a sense of purpose, direction and focus.
24. Maintain balance. Be aware of objectives in diverse areas.
25. Keep healthy. Manage wellness, exercise, diet, sleep and nutrition.

26. Actively make and execute decisions. Think, feel and perform with the best information available. Avoid regret, anxiety and worry.

SoR: Social Awareness, Empathy and Communication

27. Be curious and interested in other people.
28. Avoid prejudice and self-centeredness. Actively listen without distraction or judgment.
29. Focus attention on others and what they are willing to share. Hear both verbal and nonverbal communication.
30. Be sensitive, appreciative, validating and respectful of others. Value both the person and the message they send.
31. Look for the best in others. See with positive regard. Recognize possibilities and potentials. Be excited.
32. Show support and encouragement. Display understanding through physical and verbal communication.
33. Have an inner fire to provide value to others. Develop a passion to connect, serve, and help others.
34. Demonstrate respect with words, tone and attention. Act with politeness, courtesy and etiquette.
35. Reflect on information to adjust communication and behaviors. Adapt to different personalities, situations and dynamics.
36. Offer constructive feedback, information and dialogue. Communicate positively.
37. Express feelings in an appropriate, effective way. Manage drama and presentation.
38. Test perceptions. Decode accurately, fairly, and effectively. Present feelings in sensitive, appropriate, useful, honest ways.
39. Empathize with others. Let them know and feel the connection.

SoM: Social Management and Relationships

40. Involve and engage others to collaborate on mutual agendas and common visions.
41. Apply influence to promote projects and ideas that can yield benefits and create abundance.
42. Resolve conflict judiciously through attention, focus, problem solving and seeking double wins.
43. Promote change management, learning and continuous learning to optimize effective and generate high value returns. Apply coaching and mentoring to develop and expand potential.
44. Involve others through teamwork. Generate synergy through cooperation, participation and utilization.
45. Exercise dynamic, adaptable leadership to invite initiative, engagement, creativity and the best everyone has to offer both individually and collectively.
46. Establish support structures that create both intrinsic and extrinsic rewards. Celebrate achievement at all levels. Encourage effort.
47. Create environments and situations that promote reasonable risk taking. Allow failure and mistakes to be learning experiences rather than disasters.

48. Build loyalty, commitment, identity and quality relationships through positive, contagious emotions.
49. Demonstrate change and adaptation based on listening and active connection to others.
50. Get along with difficult people in tough situations through positive interaction, empathy, dialogue, negation and emotional connection.
51. Actively expand a network where benefits and common gains can be created.
52. Use resonance and rapport to generate strong bonds and feelings of deep connection.
Exercise availability and adaptability towards others.