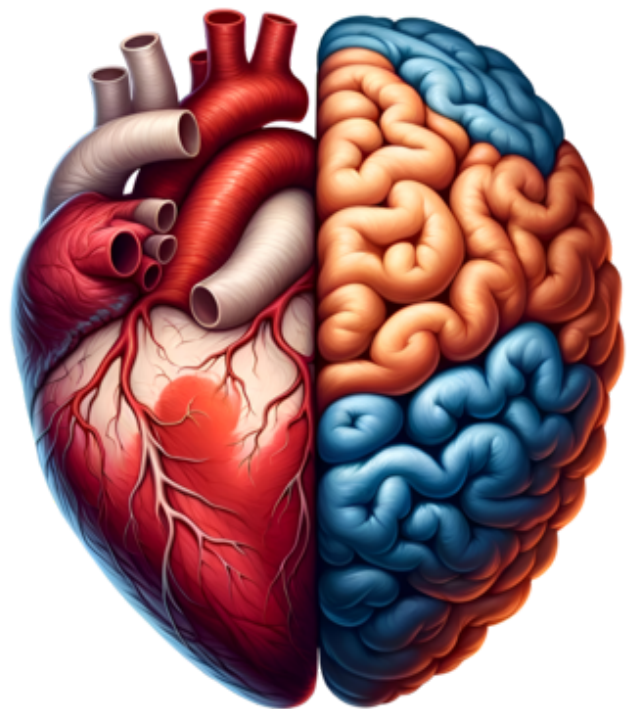


# **9 Habits To Strengthen Your Emotional Intelligence**

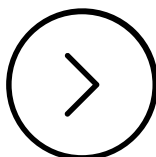
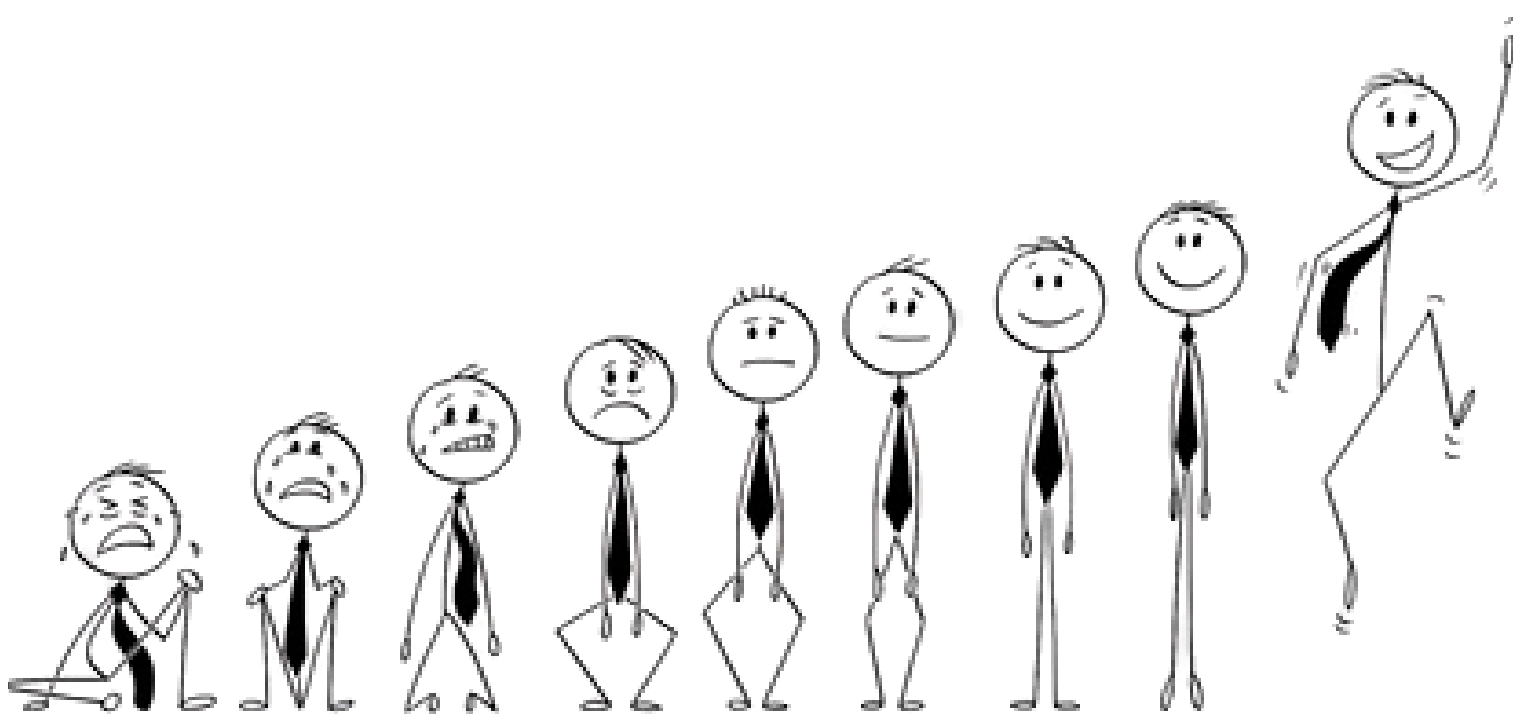


Swipe Right



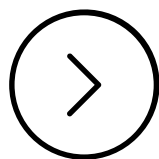
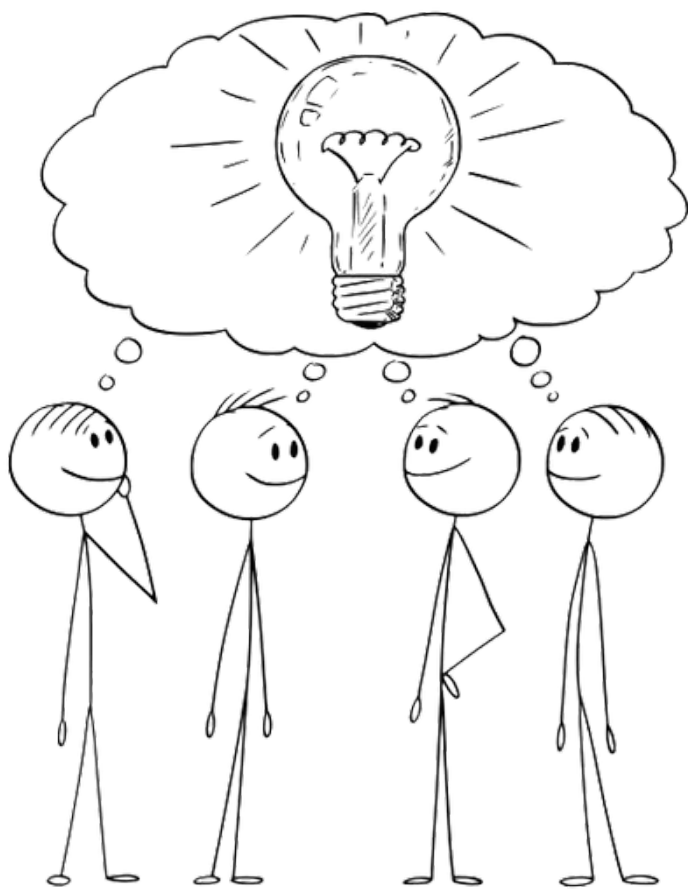
# Recognize Your Emotions

- Notice your feelings and what causes them.
- Understand how emotions affect what you do.



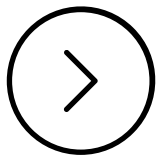
# Seek Feedback and Reflect

- Ask trusted people for feedback.
- Use feedback to improve your emotional responses.



# Embrace the Pivot

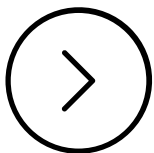
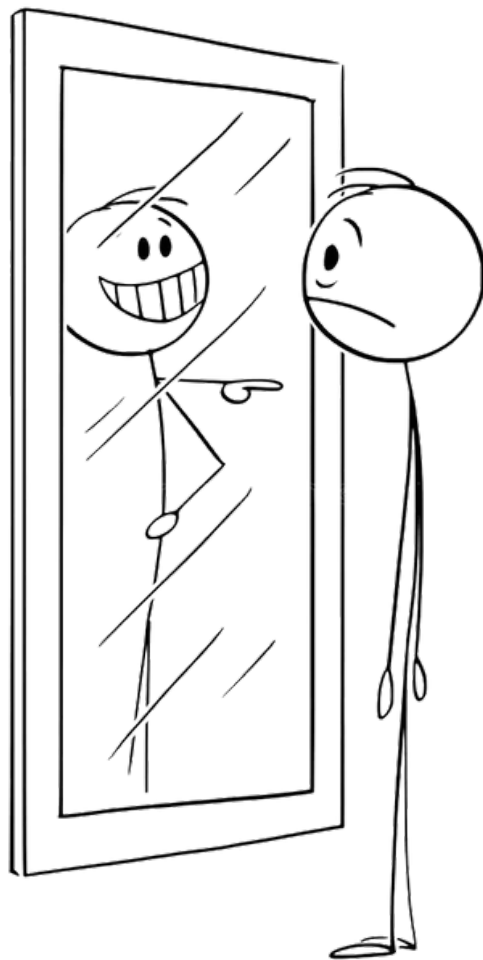
- Be open and flexible with new ideas.
- See change as a chance to grow.





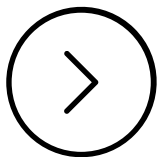
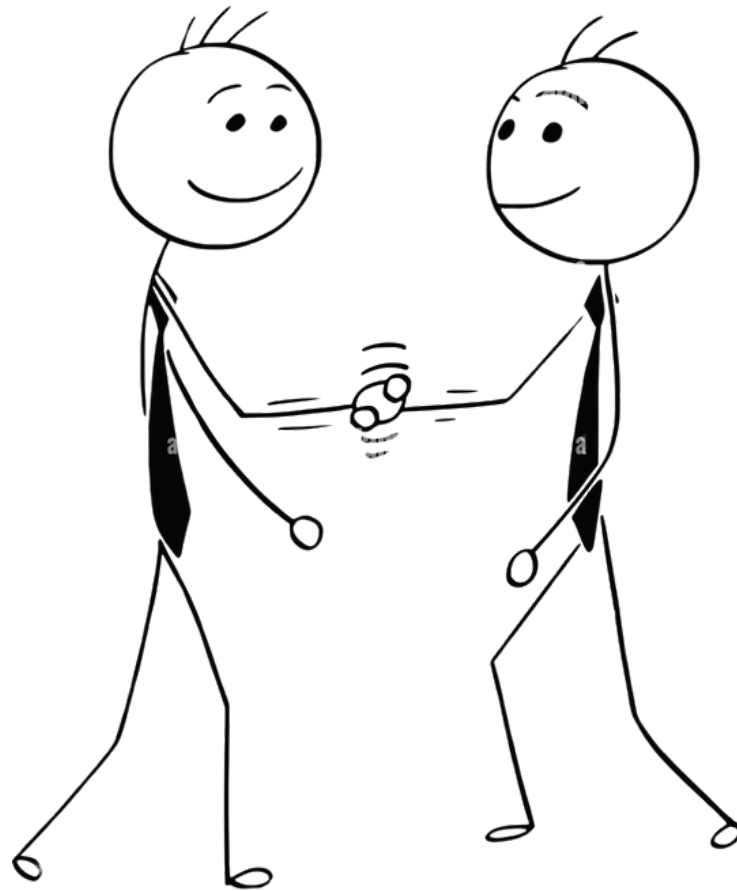
# Improve Self-Awareness

- Reflect on your feelings and actions often.
- Keep a journal to track your emotions.



# Handle Conflict Gracefully<sup>ⓧ</sup>

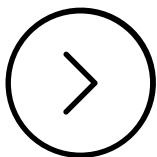
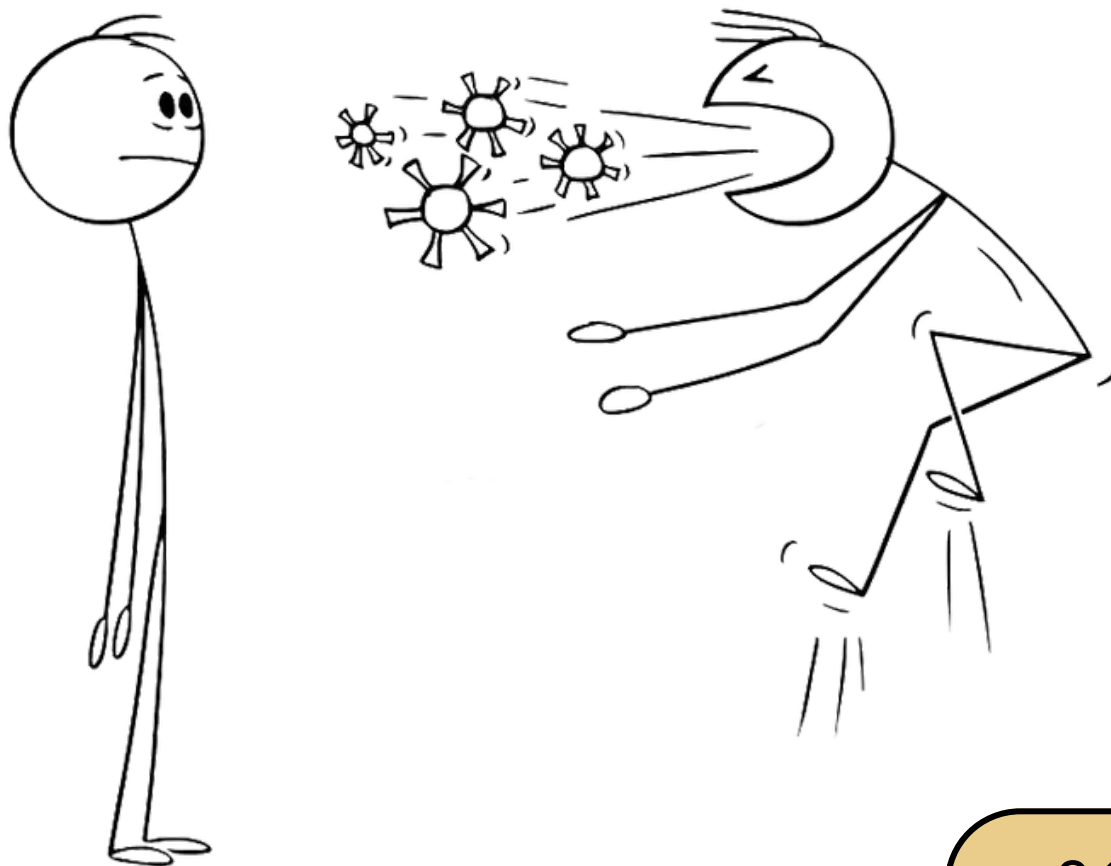
- Stay calm and aim for a fair outcome.
- Use “I” statements to share feelings without blame.



05

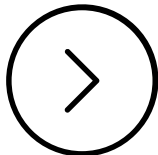
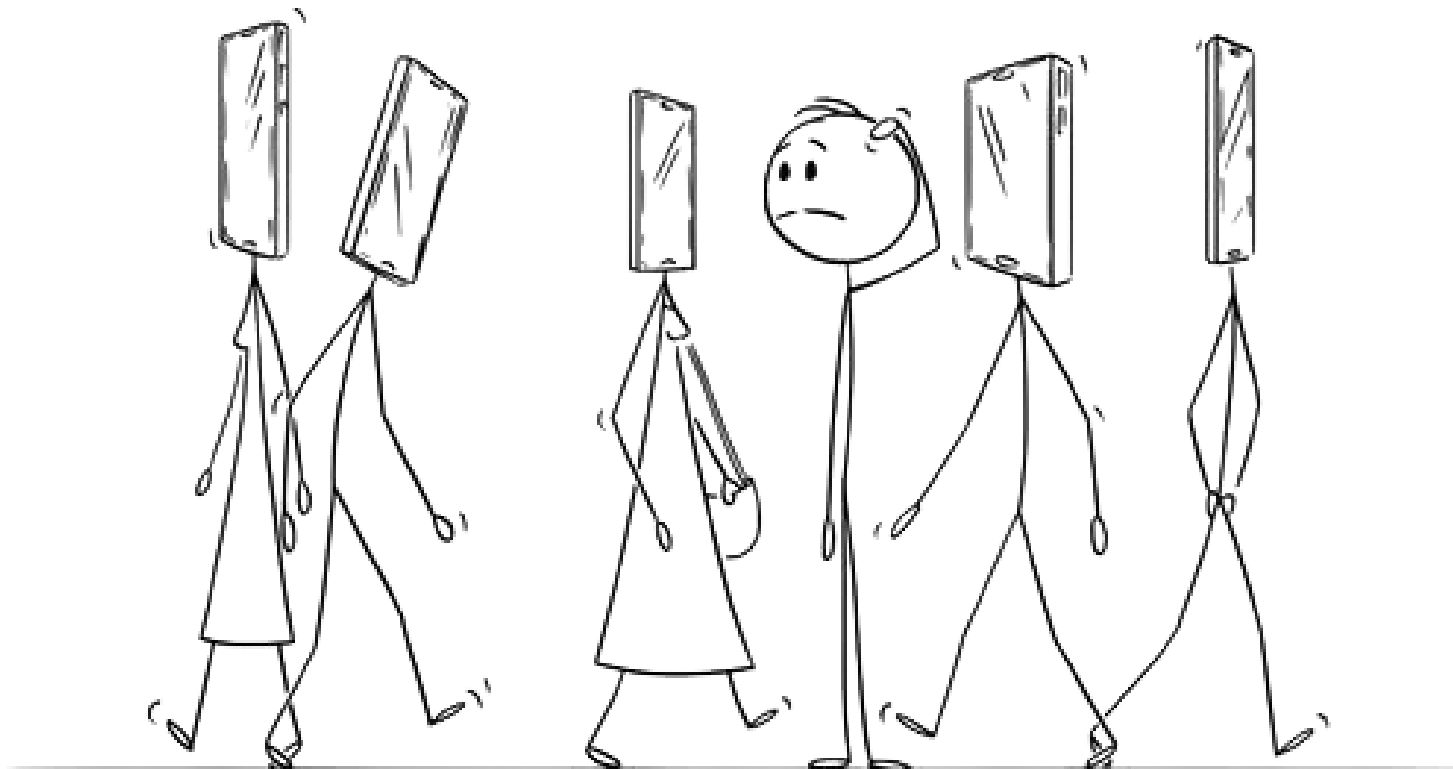
# Think Before You Speak

- Pause before reacting to stay calm.
- Use deep breathing to manage stress.



# Develop Social Skills

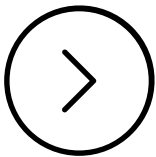
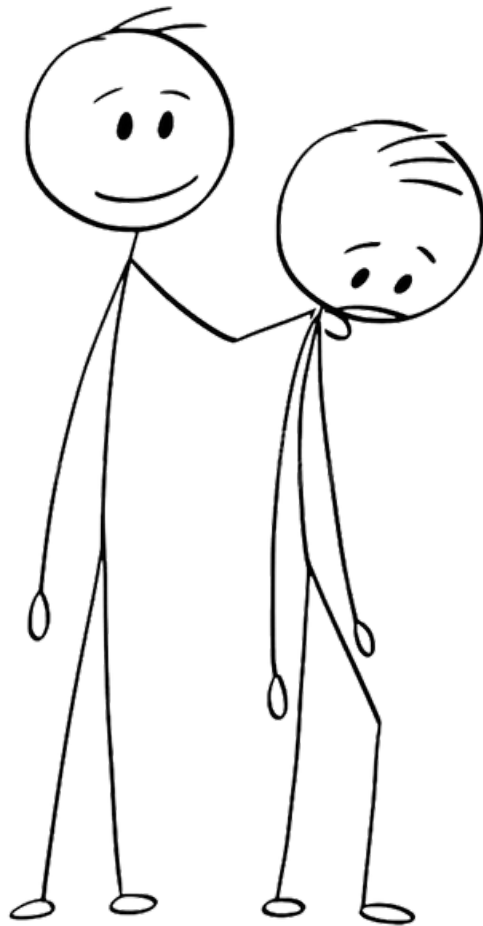
- Communicate clearly and listen well.
- Build good relationships by being kind and approachable.





# Be Empathetic

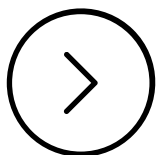
- Try to see things from others' views.
- Listen closely to show you care.



08

# Stay Positive

- Find the good in tough situations.
- Use positive thoughts to stay upbeat.



09



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