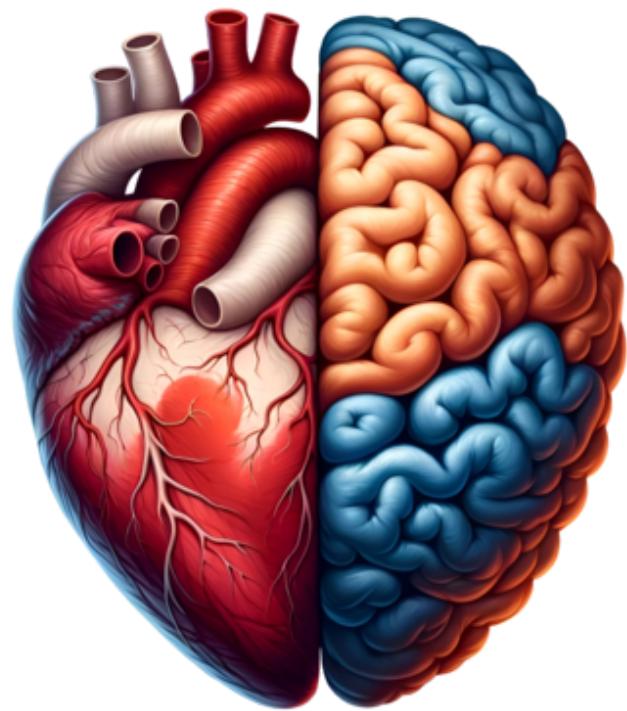


# **9 Habits To Strengthen Your Emotional Intelligence**

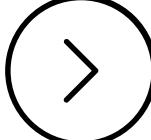
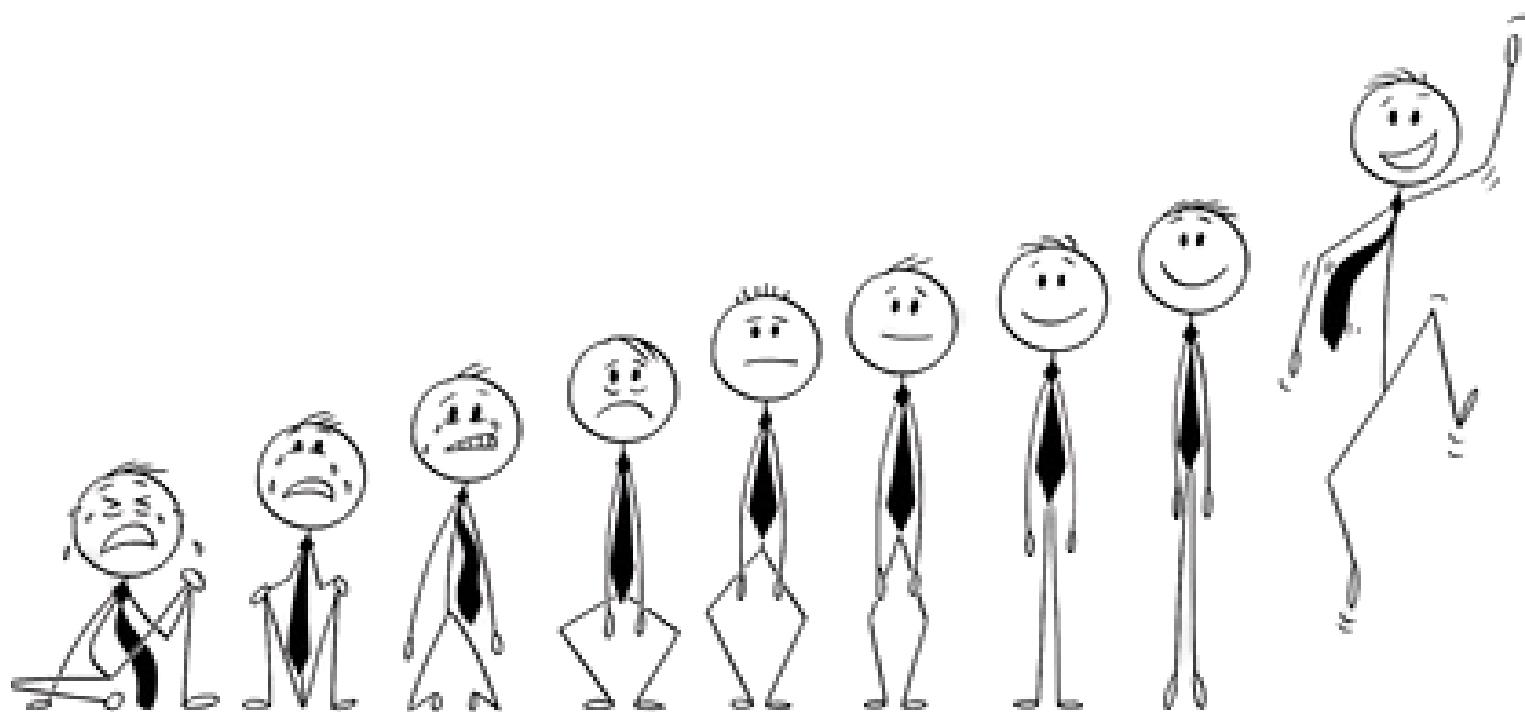


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X

# Recognize Your Emotions

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

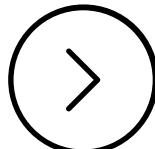
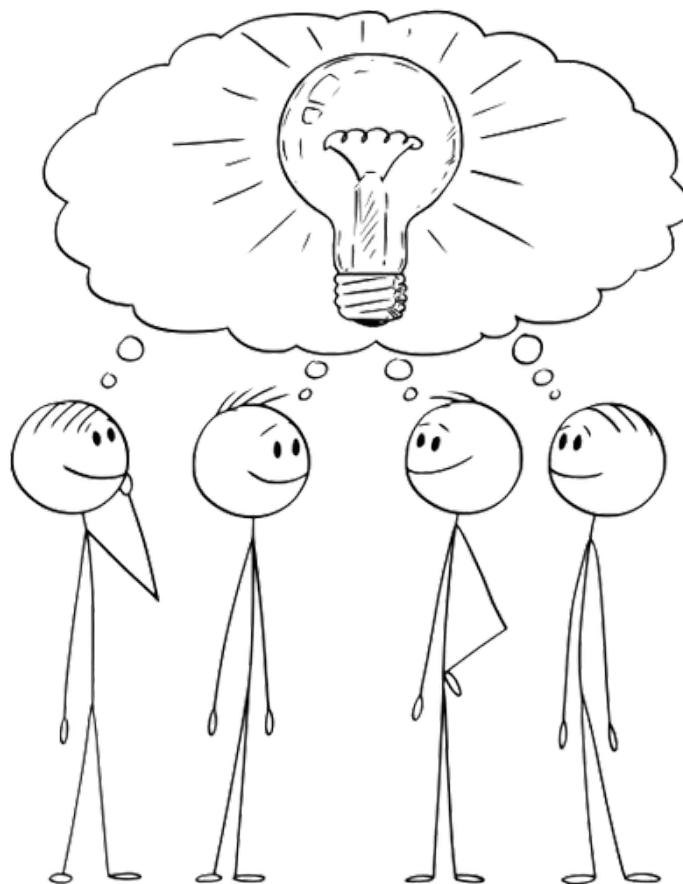


01

# Seek Feedback and Reflect



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

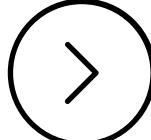


02

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# Embrace the Pivot

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

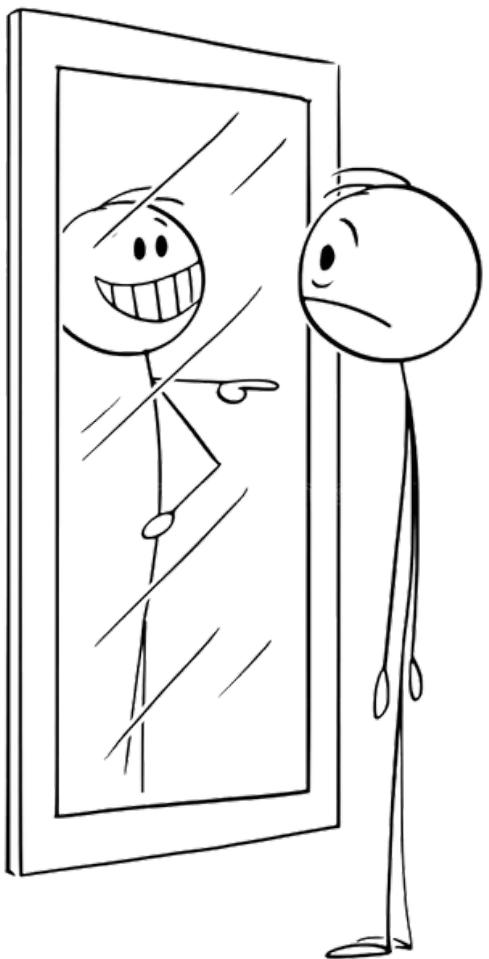


03

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# Improve Self-Awareness

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

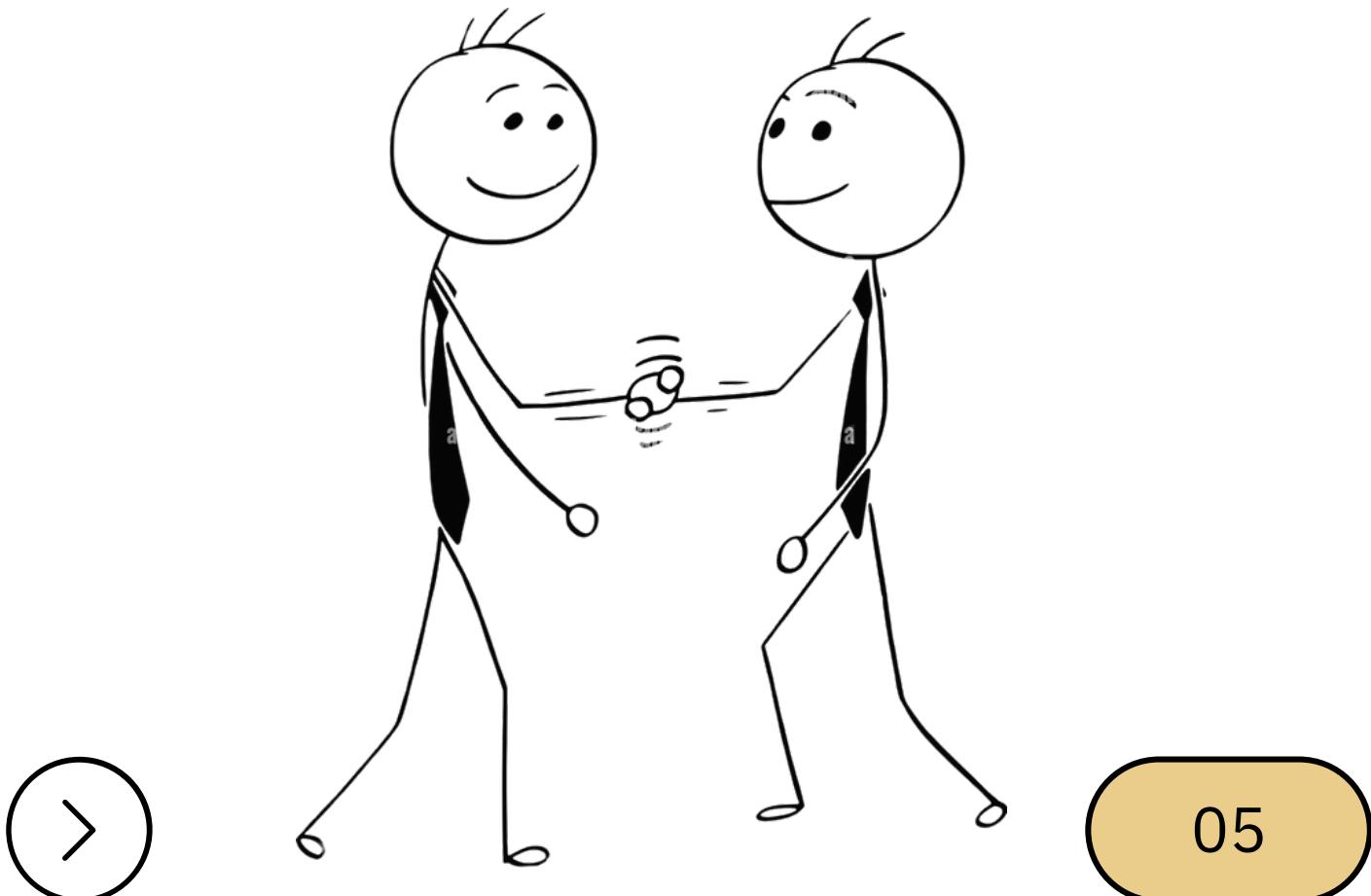


04

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# Handle Conflict Gracefully

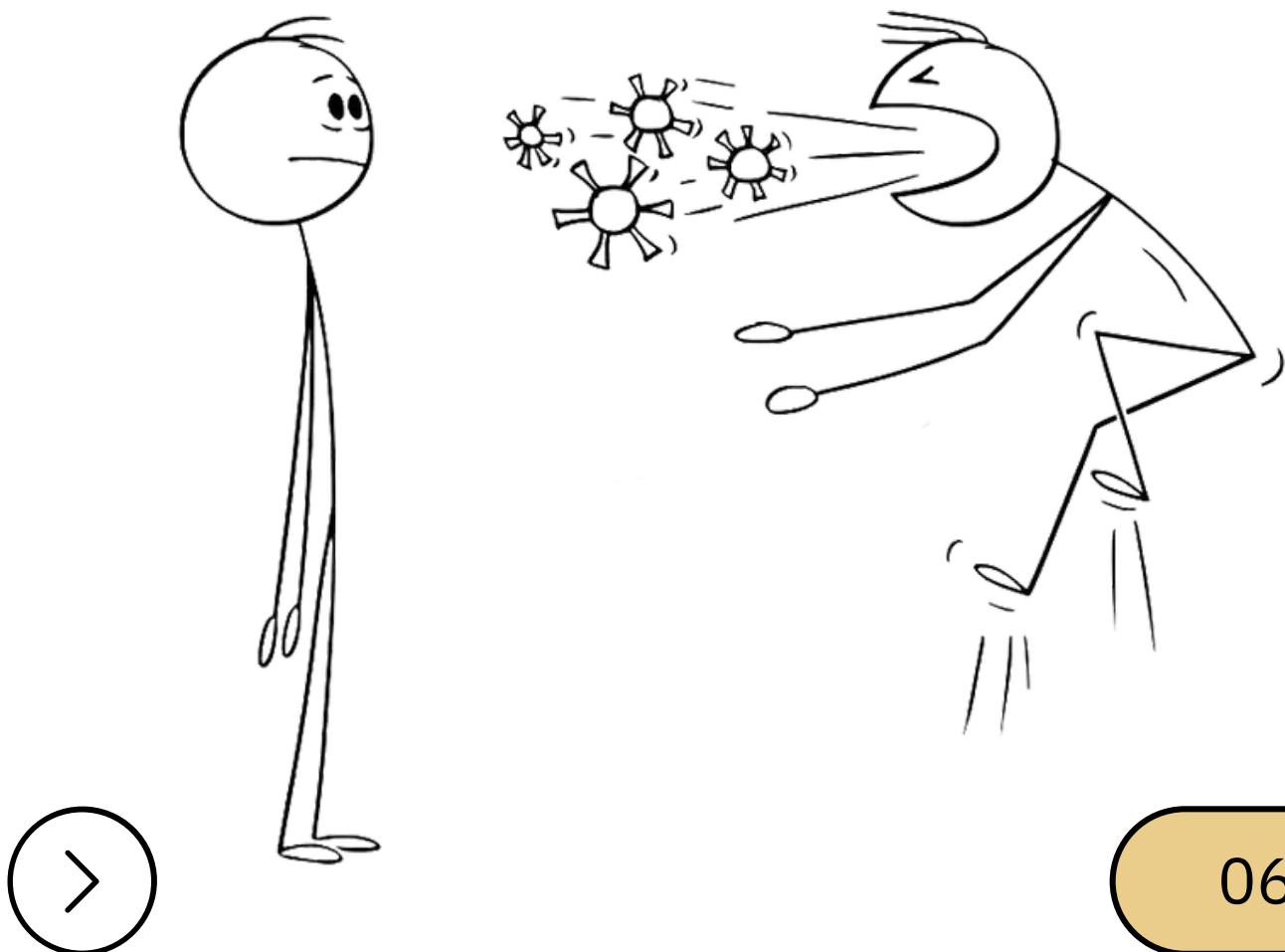
- Stay calm and aim for a fair outcome.
- Use “I” statements to share feelings without blame.



X

# Think Before You Speak

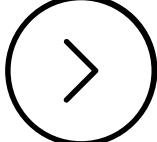
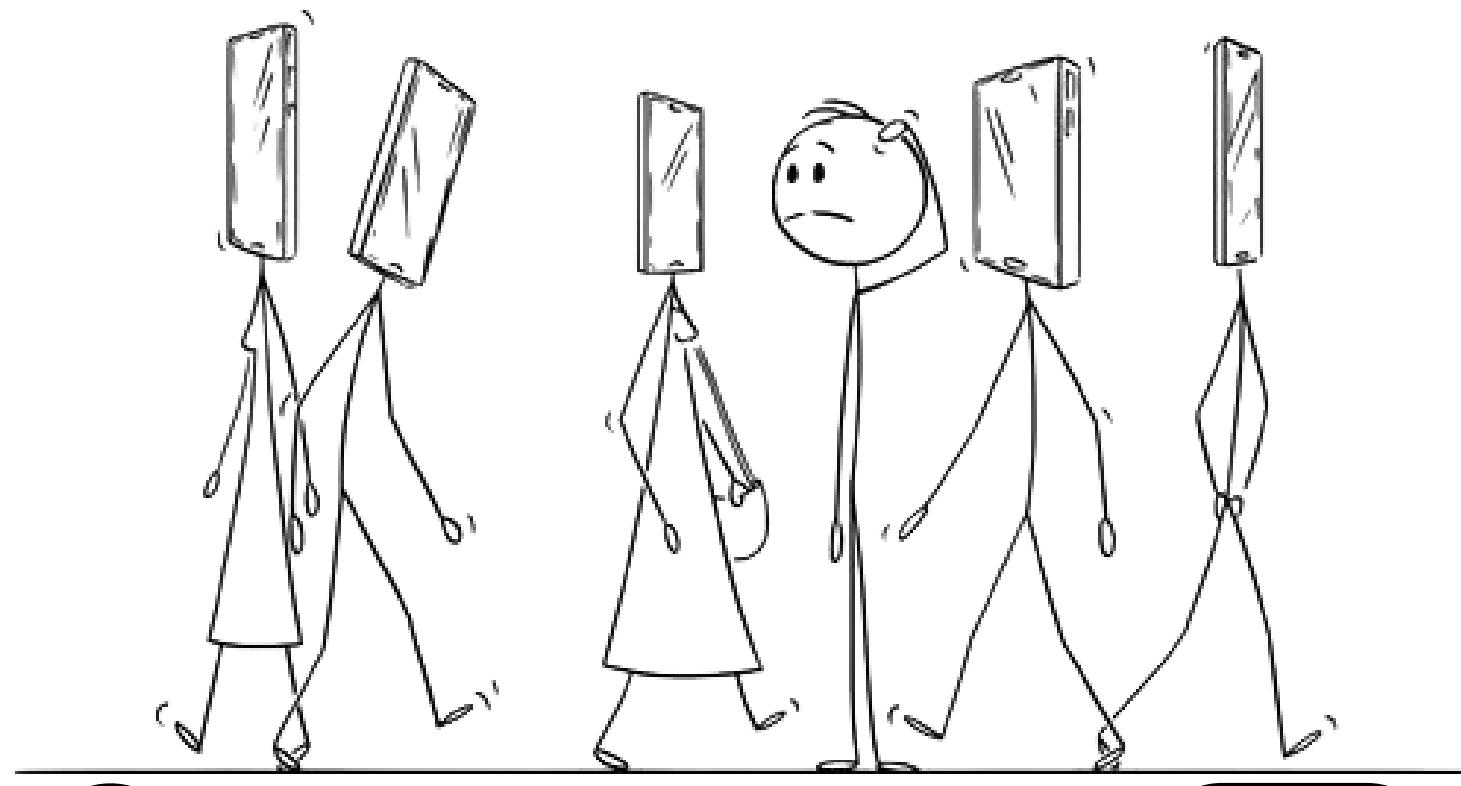
- Pause before reacting to stay calm.
- Use deep breathing to manage stress.





# Develop Social Skills

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

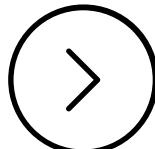
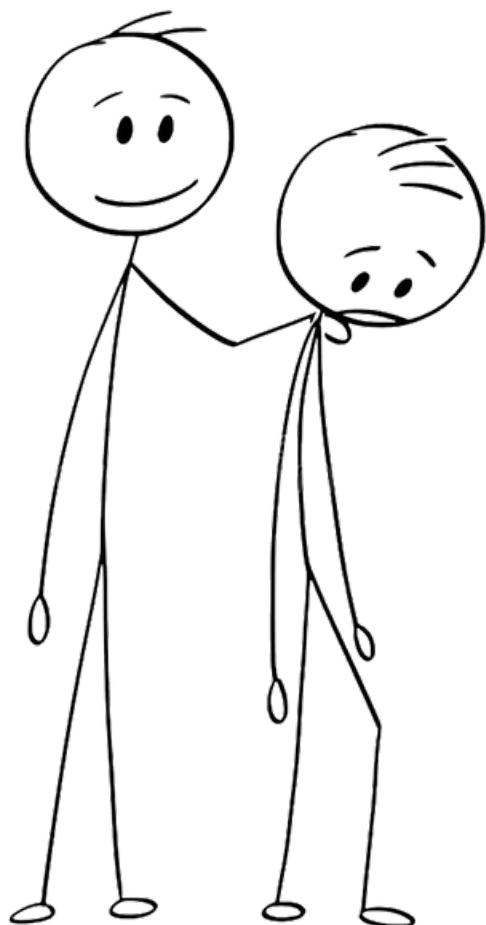


07

# Be Empathetic

X

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

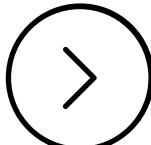
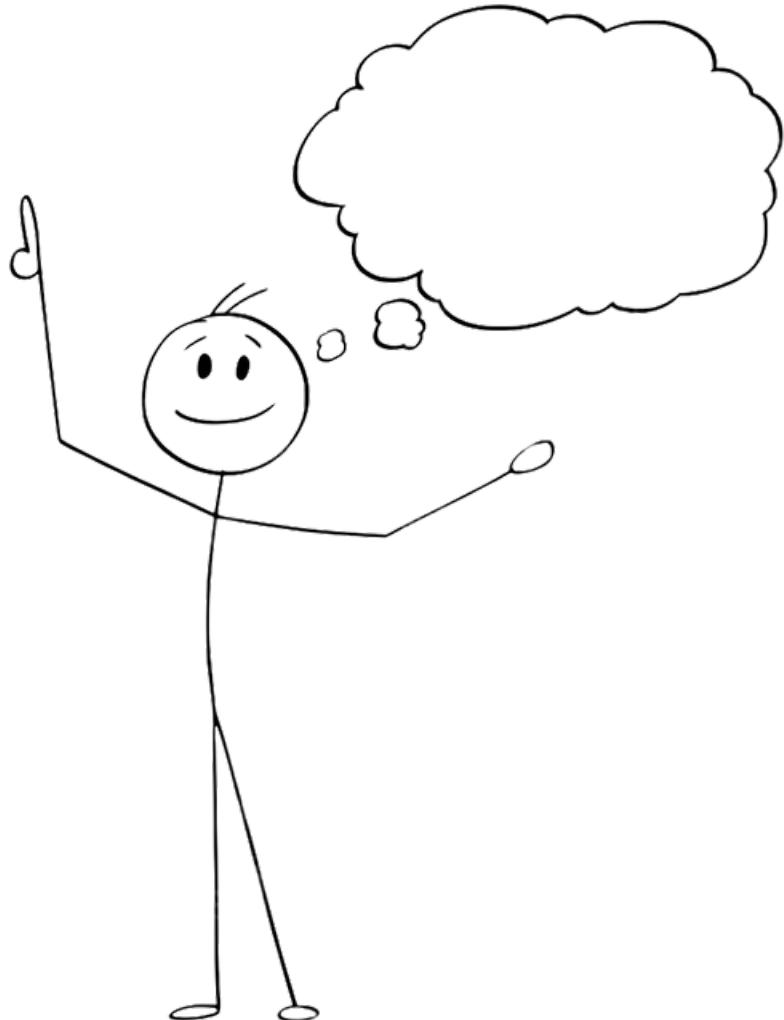


08

# Stay Positive

X

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



09



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