

BUILDING EMOTIONAL INTELLIGENCE SKILLS: LIST OF EXERCISES

		Adaptability	Conscious Agility	Emotional Regulation	Interpersonal Development	Self-Awareness	Self-Expression	Self-Management	Social Awareness
ALL MODELS	THE ABCDE TECHNIQUE		x						
	THE MINDFUL BUS RIDE		x						
CONFORMER	END INDECISIVENESS AND NEEDINESS			x					
	GIVER, TAKER, OR SHARER?				x				
	LEARN TO SPEAK ASSERTIVELY				x				
	SETTING YOUR LIMITS	x							
	THINGS ARE NOT HAPPENING TO YOU, THEY ARE HAPPENING THROUGH YOU							x	
	WHY SELF-CARE ISN'T SELFISH					x			
DOER	BENEFITS OF ACHIEVING SELF-ACTUALIZATION						x		
	CULTIVATING CALM AND STRESS TOLERANCE			x					
	DRAINED ACHIEVER TO PROUD ACHIEVER					x			
	PROMOTE SPONTANEITY AND OPENNESS	x							
	RESIST THE IMPULSE TO ACT							x	
	TAKING PRIDE IN YOUR ACHIEVEMENTS					x			
DREAMER	DENIED FACTS AND FEELINGS ARE STILL FACTS AND FEELINGS					x			
	DON'T IGNORE YOUR EMOTIONS: COMBAT ALEXITHYMIA						x		
	GROWTH IS BEING SUGAR-COATED					x			
	STOP OVER-IDENTIFICATION								x
	THE REAL CONSEQUENCES OF PROBLEM-SOLVING							x	
	YOU CHOOSE: REALISTIC OPTIMISM VS. TOXIC POSITIVISM						x		
INSPECTOR	HARDLINER PERFECTIONIST					x			
	LEVERAGING THE RELATIONSHIPS CAPITAL				x				
	OVERCOME THE FEAR OF FAILURE			x					
	STRENGTHEN YOUR FLEXIBILITY MUSCLE	x							
	TAKING PRIDE IN YOUR ACHIEVEMENTS					x			
	WHERE TALENT MEETS OPPORTUNITY					x			
PESSIMIST	CULTIVATING CALM AND STRESS TOLERANCE			x					
	DENIED FACTS AND FEELINGS ARE STILL FACTS AND FEELINGS					x			
	STRENGTHEN YOUR FLEXIBILITY MUSCLE	x							
	TAKING PRIDE IN YOUR ACHIEVEMENTS					x			
	THE GLASS-HALF-FULL MENTALITY	x							
	THE REAL CONSEQUENCES OF PROBLEM-SOLVING							x	
REJECTED	CRACKING THE REJECTION CODE					x			
	END INDECISIVENESS AND NEEDINESS			x					
	LET ACTIONS—NOT IMPRESSIONS—PREVAIL					x			
	THE REAL CONSEQUENCES OF PROBLEM-SOLVING							x	
	THINGS ARE NOT HAPPENING TO YOU, THEY ARE HAPPENING THROUGH YOU							x	
	WHERE TALENT MEETS OPPORTUNITY					x			

SAVIOR	BENEFITS OF ACHIEVING SELF-ACTUALIZATION						x		
	JOHARI WINDOW					x			
	LEARN TO SPEAK ASSERTIVELY				x				
	LET ACTIONS–NOT IMPRESSIONS–PREVAIL					x			
	STOP OVER-IDENTIFICATION								x
	WHY SELF-CARE ISN'T SELFISH					x			
UNBREAKABLE	DELEGATING WITH CONFIDENCE					x			
	EXPRESS COHERENTLY, ALIGNING YOUR HEART & BRAIN						x		
	LEVERAGING THE RELATIONSHIPS CAPITAL				x				
	PERSPECTIVE TAKING: UNDERSTANDING OTHERS								x
	PROMOTE SPONTANEITY AND OPENNESS	x							
	STRENGTHEN YOUR FLEXIBILITY MUSCLE	x							

ADAPTABILITY

MENTAL MODEL	EXERCISE
THE CONFORMER	SETTING YOUR LIMITS
THE DOER	PROMOTE SPONTANEITY AND OPENNESS
THE INSPECTOR	STRENGTHEN YOUR FLEXIBILITY MUSCLE
THE PESSIMIST	STRENGTHEN YOUR FLEXIBILITY MUSCLE
	THE GLASS-HALF-FULL MENTALITY
THE UNBREAKABLE	PROMOTE SPONTANEITY AND OPENNESS
	STRENGTHEN YOUR FLEXIBILITY MUSCLE

CONSCIOUS AGILITY

MENTAL MODEL	EXERCISE
ALL MODELS	THE ABCDE TECHNIQUE
	THE MINDFUL BUS RIDE

EMOTIONAL REGULATION

MENTAL MODEL	EXERCISE
THE CONFORMER	END INDECISIVENESS AND NEEDINESS
THE DOER	CULTIVATING CALM AND STRESS TOLERANCE
THE INSPECTOR	OVERCOME THE FEAR OF FAILURE
THE PESSIMIST	CULTIVATING CALM AND STRESS TOLERANCE
THE REJECTED	END INDECISIVENESS AND NEEDINESS

INTERPERSONAL DEVELOPMENT

MENTAL MODEL	EXERCISE
THE CONFORMER	GIVER, TAKER, OR SHARER?
	LEARN TO SPEAK ASSERTIVELY
THE INSPECTOR	LEVERAGING THE RELATIONSHIPS CAPITAL
THE SAVIOR	LEARN TO SPEAK ASSERTIVELY
THE UNBREAKABLE	LEVERAGING THE RELATIONSHIPS CAPITAL

SELF-AWARENESS

MENTAL MODEL	EXERCISE
THE CONFORMER	WHY SELF-CARE ISN'T SELFISH
THE DOER	DRAINED ACHIEVER TO PROUD ACHIEVER TAKING PRIDE IN YOUR ACHIEVEMENTS
THE DREAMER	DENIED FACTS AND FEELINGS ARE STILL FACTS AND FEELINGS GROWTH IS BEING SUGAR-COATED
THE INSPECTOR	HARDLINER PERFECTIONIST TAKING PRIDE IN YOUR ACHIEVEMENTS WHERE TALENT MEETS OPPORTUNITY
THE PESSIMIST	DENIED FACTS AND FEELINGS ARE STILL FACTS AND FEELINGS TAKING PRIDE IN YOUR ACHIEVEMENTS
THE REJECTED	CRACKING THE REJECTION CODE LET ACTIONS–NOT IMPRESSIONS–PREVAIL WHERE TALENT MEETS OPPORTUNITY
THE SAVIOR	JOHARI WINDOW LET ACTIONS–NOT IMPRESSIONS–PREVAIL WHY SELF-CARE ISN'T SELFISH
THE UNBREAKABLE	DELEGATING WITH CONFIDENCE

SELF-EXPRESSION

MENTAL MODEL	EXERCISE
THE DOER	BENEFITS OF ACHIEVING SELF-ACTUALIZATION
THE DREAMER	DON'T IGNORE YOUR EMOTIONS: COMBAT ALEXITHYMIA YOU CHOOSE: REALISTIC OPTIMISM VS. TOXIC POSITIVISM
THE SAVIOR	BENEFITS OF ACHIEVING SELF-ACTUALIZATION
THE UNBREAKABLE	EXPRESS COHERENTLY, ALIGNING YOUR HEART & BRAIN

SELF-MANAGEMENT

MENTAL MODEL	EXERCISE
THE CONFORMER	THINGS ARE NOT HAPPENING TO YOU, THEY ARE HAPPENING THROUGH YOU
THE DOER	RESIST THE IMPULSE TO ACT
THE DREAMER	THE REAL CONSEQUENCES OF PROBLEM-SOLVING
THE PESSIMIST	THE REAL CONSEQUENCES OF PROBLEM-SOLVING
THE REJECTED	THE REAL CONSEQUENCES OF PROBLEM-SOLVING THINGS ARE NOT HAPPENING TO YOU, THEY ARE HAPPENING THROUGH YOU

SOCIAL AWARENESS

MENTAL MODEL	EXERCISE
THE DREAMER	STOP OVER-IDENTIFICATION
THE SAVIOR	STOP OVER-IDENTIFICATION
THE UNBREAKABLE	PERSPECTIVE TAKING: UNDERSTANDING OTHERS

EMOTIONAL INTELLIGENCE SKILL	EXERCISE
ADAPTABILITY	PROMOTE SPONTANEITY AND OPENNESS SETTING YOUR LIMITS STRENGTHEN YOUR FLEXIBILITY MUSCLE THE GLASS-HALF-FULL MENTALITY
CONSCIOUS AGILITY	THE ABCDE TECHNIQUE THE MINDFUL BUS RIDE
EMOTIONAL REGULATION	CULTIVATING CALM AND STRESS TOLERANCE END INDECISIVENESS AND NEEDINESS OVERCOME THE FEAR OF FAILURE
INTERPERSONAL DEVELOPMENT	GIVER, TAKER, OR SHARER? LEARN TO SPEAK ASSERTIVELY LEVERAGING THE RELATIONSHIPS CAPITAL
SELF-AWARENESS	CRACKING THE REJECTION CODE DELEGATING WITH CONFIDENCE DENIED FACTS AND FEELINGS ARE STILL FACTS AND FEELINGS DRAINED ACHIEVER TO PROUD ACHIEVER GROWTH IS BEING SUGAR-COATED HARDLINER PERFECTIONIST JOHARI WINDOW LET ACTIONS—NOT IMPRESSIONS—PREVAIL TAKING PRIDE IN YOUR ACHIEVEMENTS WHERE TALENT MEETS OPPORTUNITY WHY SELF-CARE ISN'T SELFISH
SELF-EXPRESSION	BENEFITS OF ACHIEVING SELF-ACTUALIZATION DON'T IGNORE YOUR EMOTIONS: COMBAT ALEXITHYMIA EXPRESS COHERENTLY, ALIGNING YOUR HEART & BRAIN YOU CHOOSE: REALISTIC OPTIMISM VS. TOXIC POSITIVISM
SELF-MANAGEMENT	RESIST THE IMPULSE TO ACT THE REAL CONSEQUENCES OF PROBLEM-SOLVING THINGS ARE NOT HAPPENING TO YOU, THEY ARE HAPPENING THRO YOU
SOCIAL AWARENESS	PERSPECTIVE TAKING: UNDERSTANDING OTHERS STOP OVER-IDENTIFICATION