

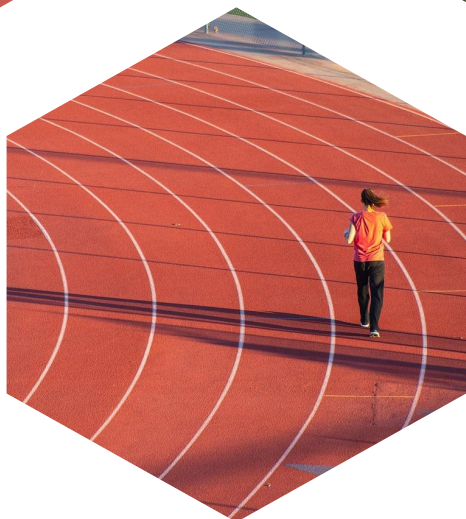
# 1. The 6 Emotional Intelligence Subfactors



**I. Self-Awareness** – You are deeply in tune with your emotions, triggers, and emotional patterns. This clarity helps you make informed decisions, manage reactions, and grow through self-reflection.



**II. Self-Regulation** – You stay calm, composed, and professional—even under stress. You manage emotional impulses effectively, allowing you to maintain focus and respond constructively during challenges.



**III. Motivation** – You are self-driven, disciplined, and persistent. You set personal goals and push through setbacks with optimism. You don't rely heavily on external validation to stay committed.



**IV. Empathy** – You can easily sense how others feel, even without words. You're supportive, considerate, and build trust effortlessly—especially valuable in leadership, caregiving, and team roles.