



Open in app



Published in TL;DR,W,L



Yogesh Haribhau Kulkarni

Nov 28 · 1 min read · Listen



Save



Summary of “How to Strengthen Your Emotional IQ”

YouTube channel: Tom Bilyeu

Original Source

Psychologist Daniel Goleman Reveals How to Strengthen Your Emotional IQ | Conversations with Tom ([YouTube](#) 1 hr 42 mins)

Jottings

- Theme: Being EQ (Emotional Intelligence) smart
- EQ: being smart about emotions
 - Self Awareness (knowing feelings, cognitive control)
 - Self Management (put positives forth)
 - Empathy
 - Social skills, relationships
- EQ more important than IQ for growth-success.
- EQ is learn-able, so teach in school, better before age 20.
- Any Meditation works, makes calmer, focuses attention.
- Meditation shifts from Sympathetic (flight or fight, amygdala) to para-sympathetic





Open in app

- Emotional control: Have ability to take down anyone, but don't do it.
- Finding inner drive/purpose: by accident, self-awareness, evaluating choices
- Successful entrepreneurs: growth mindset, visualization, get performance feedback, risk after homework, grit, help others (empathy)

The above summary was also posted in the Comments section of the original [YouTube](#) video.

