

EMOTIONAL INTELLIGENCE

quick reference card

Emotions

Tip for Improving Your Emotions

Exhilaration

Eagerness

Strong Interest

Mild Interest

Content

Indifference

Boredom

Expressed Resentment

Anger

Unexpressed Resentment

Fear

Grief

Apathy

Deepest Apathy

Affinity



Raise Your Awareness

"Is this autopilot behavior?"

Take a Deep Breath

Or two, or three, or four...



Go for a Walk

Enjoy nature, fresh air, and a change of scenery



Do Fun Creative Work

Art, music, writing, dancing, design, and fun

