

EMOTIONAL INTELLIGENCE:

A DIFFERENT KIND OF SMART

Accelerating Excellence
Podcast Episode #48 - Resource Guide

"The quality of your thinking determines the quality of your life."

-A. R. Bernard

EMOTIONAL INTELLIGENCE:

*The ability to understand and manage your emotions and thoughts so they work **for** you rather than against you.*

1. Choose to RESPOND rather than REACT

Reacting is gut instinct, simply following your feelings and thinking. Don't always trust your feelings or emotions.

Responding is pausing and choosing how you look at life events and deciding how you will act. Think of medication; when we say a patient had a reaction to a medication, that's negative. But if they are responding to the medication, that is positive.

The word responsible literally means that we are able to choose our response. We all are *response-able*.

Do your best in tough situations to not let your feelings or thoughts short-circuit you.

Here are some good questions to ask yourself in tough situations so that you Respond rather than React include:

- How can I make the best of this situation?
- What are the positives in this situation?
- What are the pros and cons about this situation and what is my best move?
- What is the wise thing to do?

2. Don't Just Listen to Yourself, Talk to Yourself

Too often we let our feelings and thoughts go unchallenged. Don't believe everything you think. Our greatest freedom is the ability to choose our thoughts, to direct our thinking. No one can take that away from you. Be the master of your mind rather than be mastered by it. Direct your thoughts in a way that increases your well-being.

3. Let Your Past Refine You, Not Define You.

We all have gone through tough times. We have all made mistakes. Things don't always turn out the way we want them to. But what we learn and how we respond to them makes all the difference in the world. We can either get bitter or we can get better.

"Things turn out best for those who make the best of the way things turn out."

-John Wooden
