



Mastering Your EQ Through Self-Awareness

Today we will be looking at our Emotional Intelligence (EQ) from the Personal Competence Perspective which comprises your self-awareness and self-management skills.

The Personal Competence Perspective focuses more on you individually than on your interactions with other people. Personal competence is your ability to stay aware of your emotions and manage your behaviour and tendencies.

- **Self-Awareness** is your ability to accurately perceive your emotions and stay aware of them as they happen. Knowing what you're thinking and feeling and how this makes you behave ~ being 'self-aware.'
- **Self-Management** is your ability to use awareness of your emotions to stay flexible and positively direct your behaviour. Being able to express your own feelings in the appropriate manner.

No one has the power to make you feel the way you do. Many times, we blame others for the way we feel, whereas in reality we are totally responsible for the way we react, respond and feel in any given situation.

We all have our so-called buttons, when pushed, cause us to act or think in negative ways beyond our normal day-to-day selves.

Ok, sometimes you feel it is an unconscious reaction and consciously you do not have the answers, as to why you may feel a certain way, though the responsible thing to do is to figure out why you're responding the way you do, in any given situation.

This exercise will assist you to get to know your buttons. Instead of becoming frustrated, know that your buttons are the keys to your growth.

Self-Awareness Exercise 1: Why do you do the things that you do?

Start consciously monitoring the things that you're doing and start asking yourself why do you do them. Is it for you, for someone else, what's the purpose, is this the most important thing you need to be doing right now?

Make a list of everything you do in a day and write down what area of life this activity is enhancing. This will assist you make sure that everything you do is moving you closer to a goal, in any area of your life. It'll help you learn to focus and better know yourself.

Self-Awareness Exercise 2: Know how you feel right now

To get to know what you feel, you need to take the time to understand and reflect upon it.

Several times during the day allot 5 minutes in your calendar for you to close your eyes and tune into your body. How are you feeling right now? Write down the emotion.

Look at the Live Love Emotions List.

Schedule these 5-minute reflections into your calendar say every 2 or 3 hours.

Self-Awareness Exercise 3: Reflect your daily emotions

Before going to bed spend more time and reflect upon what you've felt during the day.

Create an emotions journal and break each page into two columns: the left one is for your emotions where you list them by the hour, the right one is for the context that surrounded that emotion.

Once you've listed all emotions, start to compare and analyse them. What's the ratio of positive vs negative emotions? Which emotions dominate and what causes them? What are their triggers?

This will allow you to see where emotions come from exactly in order to work on changing their triggers and reducing negative emotions by stopping them from arising.

Self-Management Exercise 1: Breathe

Taking a breath is the first and last thing we will do in this realm. And in between, we very rarely consciously think about breathing.

Conscious breathing is the best medicine. A couple of times a day start to consciously breathe deep down into your belly then slowly release whilst visualising black smoke being expelled from your body, then repeat breathing into your heart, then into any area of your body that ails you.

Especially when you are under stress, just take a step back, close your eyes and breathe for a few moments. Feel the breaths, fully experience the effects the breath has in your body.

This will allow you to monitor yourself and not react right away in certain situations but rather let yourself go for a bit and once you are in a calm state, you can think straight.

Self-Management Exercise 2: Reframe

Every event and situation are perceived differently by everyone who was present. What's good or bad for one may not be so for another.

Taking the time to look at things from a different perspective (to reframe) is a powerful live love gem that broadens your outlook whilst assisting you to manage your emotions better in the moment.

When You change the way you think, you change the way you feel.

There are two different types of reframes that you can be utilised:

1. **Context reframe:** ask yourself, in what other situation would this event or behaviour be positive?
2. **Content reframe:** ask yourself, what can be another positive meaning of this situation or behaviour, and what lesson is there here for me to learn?

Constantly seeking ways to broaden your perspective will always serve you best.

Self-Management Exercise 3: Solution

We all are so busy and this in it self causes an enormous amount of stress, which leads to our emotions going unchecked.

A great exercise for your emotional state is to dedicate 15 minutes a day, to solve problems and be creative.

Schedule daily *Live Love Problem Solve Block Time* in your calendar and just take a walk to reflect, think and see what solutions come to you.

You'll get to know your mind, emotions and thinking better this way and you'll be able to manage situations in a manner that you are aware of and you want to.