

VICKI TILLMAN *coaching*

Enhancing Emotional Health Exercises

Week 1

Enhancing Personal Emotional Intelligence

Personal emotional intelligence is the ability to recognize, understand and manage your own emotions. This week we will work on exercises that will help you grown in personal emotional intelligence.

This is not an exhaustive list of exercises, of course. Choose one or more idea, try it and see yourself grow!

3 W's Exercise

In a journal, each day record these 3 W's:

- What am I feeling?
- Why am I feeling that way?
- What am I going to do about it?



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Take this quiz from the Institute for Health and Human Potential

<http://www.ihhp.com/free-eq-quiz/>



Make a list of triggers

- In a journal list the last 5 times you felt angry, sad or afraid.
- What are the 3 top things that make you feel furious?
- What are the 3 top things that make you feel sad?
- What are the 3 top things that make you feel afraid?



Make a list of happy things

In a journal list the last 5 times you laughed or felt happy.

What are the top 3 things that made you laugh?

What are the top 3 things that helped you feel happy?