

A background image showing a person's hands typing on a laptop keyboard. A teal banner is overlaid across the middle of the image, containing the text '7 Qualities To Become'.

7 Qualities To Become

Emotionally
Intelligent.

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7 Qualities To Become Emotionally Intelligent

Has it ever occurred to you why some people seem to have an unlimited amount of success in both their personal and professional lives? One reason for this is they are Emotionally Intelligent and the great news is you can be too!

Emotional Intelligence is the ability to understand and recognize your own emotions as well as those of others. You are able to manage and control your emotions being aware that emotions drive your behavior and impact people positively or negatively; you can also apply this knowledge to thinking and problem-solving.

Learning how to manage these emotions- both your own and others-especially when under pressure, can transform your life. That's why I put together a guide of the 7 qualities necessary to become emotionally intelligent.



1. Self-Awareness

The very first step is to really understand and know yourself – being conscious of your subconscious mind, knowing your ‘automatic programming’ that drive your behaviours, understanding and accepting who you really are.

When you are able to be honest with yourself and accept your strengths and weaknesses you can decide how you behave and what decisions to make. You know what you are good at (and what you’re not good at), you know your passions and you are able to observe yourself and learn which allows you to then create a better version of yourself.

Self-awareness is the art of understanding how you see yourself but also knowing how others perceive you.

Start right now -

Being curious about yourself, take time to sit in peace and quiet to ‘go inside of yourself’, develop a thirst for learning who you are – it’s only when we really know who we are can we make any changes. Ask for honest feedback from people you care about and start to see your life in a new way.

2. Empathy

You are able to relate to others and have some understanding of what they are going through. Identifying and understanding other people’s emotions as if you were in ‘their shoes’, show compassion and take the time to help someone is crucial in developing Emotional Intelligence.

Start right now -

Create and grow empathy by noting your experiences – the way you felt and reacted at the time – write them down in a journal and work out how you would like to treat others in the same way you’d want to be treated yourself. Every day note what changes you could make in a situation – could you have been kinder, more loving or smiled a bit more at work today? Then replay the video in your mind of how you want to behave next time – you are creating your new blue print.



3. Motivation

You are motivated by completing your task that you set out to do; your passion isn't driven by rewards of money or prestige. You will want to continually learn, have a passion to improve yourself and will inspire & motivate those around you. You aren't afraid of change and have a flexible approach. You will develop a passion and a love for your subject or person, which will promote a natural desire to drive yourself forwards.

Your perseverance and instinct will inspire others whilst your positive energy rubs off on other people.

Start right now -

Remind yourself why you want to do something, break it down into small pieces and enjoy the process, take regular breaks, and use daily affirmations to remind yourself that you can do this. Create a vision board putting on it all the reasons why you want to achieve this goal and how it will change your life.

4. Belief

Belief in you is imperative in maintaining emotional self-control, so you believe that everything is in your life for a reason and ultimately will work out for the good, even though you can't see it right now. Just having a faith alone and thinking about things won't change anything you need to take action, but when this is mixed with a positive mindset and perseverance you create a belief that will keep you going even in the toughest of challenges.

Start right now -

Get in the habit of meditating every day. If you are new to this begin with just 5 minutes being at peace with yourself, think about the person you are right now, and then think about the person you want to be and start surrendering to this person. When you create your new vision evoke all of your senses, what you can hear, see, smell, feel and taste – make it so vivid you could almost step into the picture.



5. Life-Balance

Your self-awareness means that you naturally know the importance of maintaining a healthy work-life balance ensuring you eat well, exercise and sleep well. Knowing your priorities is key, how to manage your time, and what success means to you. All of these things need your intentional focus and concentration. It's not about perfectionism, you know that is impossible so you learn from your mistakes.

Life balance is all about taking small daily actions that match your goals reminding yourself that taking care of yourself, your family, your health and relationships is a sustaining, necessary act not a selfish act.

Start right now -

Learn how to let go of things and be selfish with ME time, it is actually the most selfLESS act there is. Make yourself a priority, remind yourself you are the only one who can change and are responsible for your happiness alone. Ask for help when you need to and create boundaries at work and home.

6. Focus

You don't spend time thinking about the past, as you are far too busy focusing on what you are doing right now and carving out your future. You don't let past mistakes consume you with negativity whilst you don't hold grudges simply because you would rather spend your time and energy solving a problem.

You keep your focus on positive people who don't constantly complain. You know how to say NO to others, you have very clear boundaries so you prevent yourself going into overwhelm and burn out.

Start right now -

Don't multitask, practice focusing on one task in hand turning off all other distractions, start with 5 minutes and build from here. Create daily to-do lists so you learn to prioritise and complete tasks giving you a better sense of satisfaction. Ensure you have time alone each day to reflect and recharge and disconnect from electronics.



7. Embrace Change

Change is a part of life so learn to embrace it. If you are afraid of change it will hinder your success. Learning to be adaptable is key and always being able to take another route will allow you to let go of rigid ways and embrace new and perhaps better ideas. We live in a fast-paced world so it's important to keep abreast with the flow so you aren't left behind.

Start right now -

Learn to live with uncertainty so that little bit of 'discomfort' that you feel as you try something new begins to feel okay. Everyday before you go to bed know one little step that you will take tomorrow that pushes you out of your comfort zone, note it in your journal, make yourself accountable. It's okay to feel uncomfortable; it means you're growing. Well done!

COMPLETE EMOTIONAL FREEDOM

Becoming Emotionally Intelligent allows you to feel complete Emotional Freedom – this looks like being confident in your own skin, it looks like awakening your awareness within you so you can feel again and so that you no longer experiencing feelings that are so disconnected from yourself and others.

It means you can sit alone with yourself and actually feel connected and free.

You feel good to be you.

You are able to confidently sit in your own skin

You feel light and your spirit is free with clarity.

You feel life starting to become meaningful again.

This is emotional freedom and the good news is that you can have it too - so start taking the steps today and you will begin to experience an unlimited amount of success in both your personal and professional life!