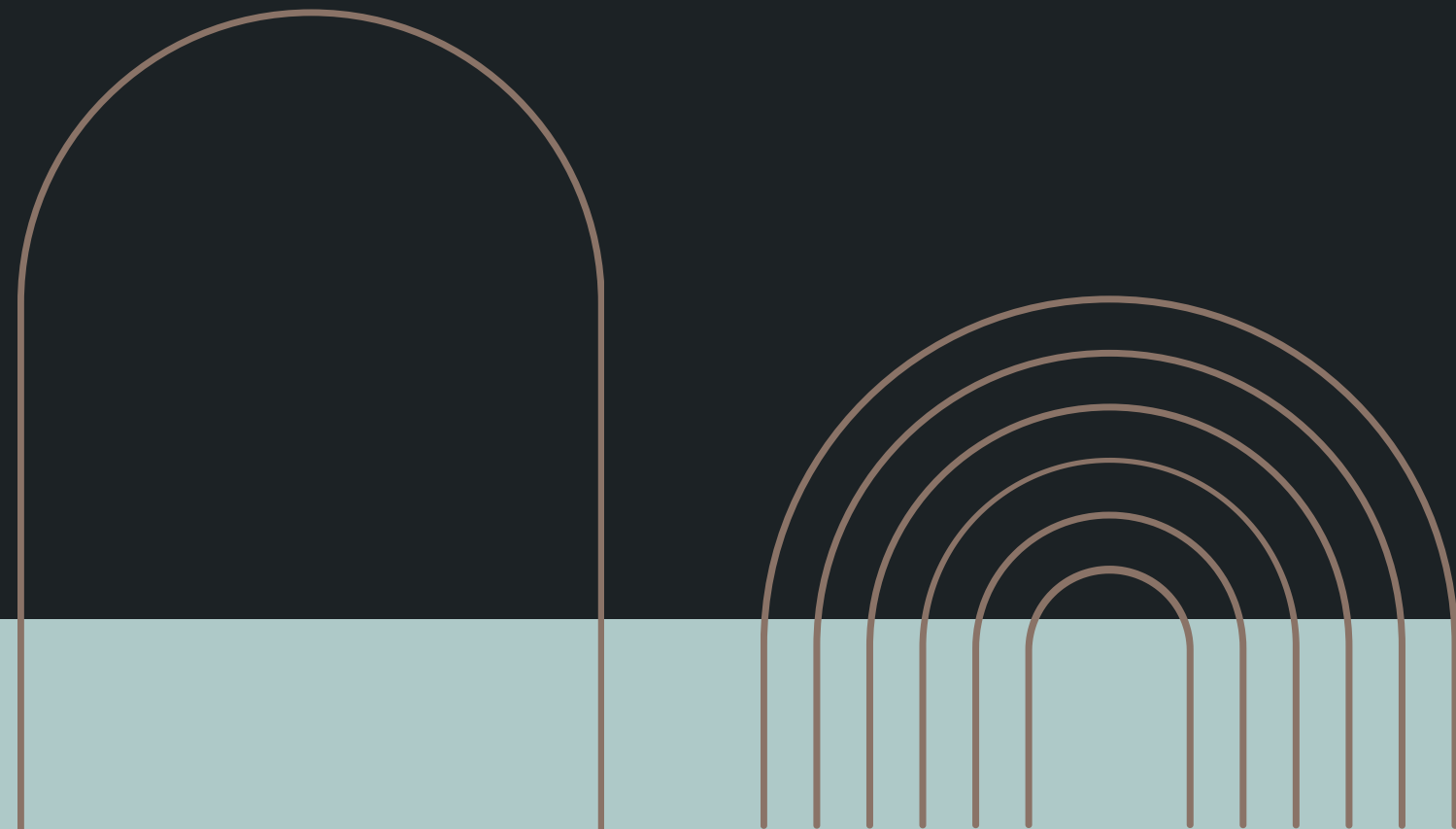


# EMOTIONAL INTELLIGENCE

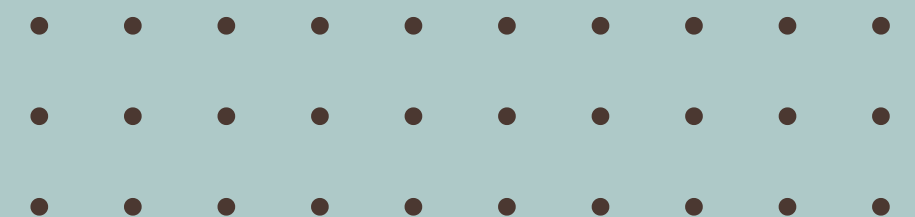
Self Reflection on Emotion





# GOAL OF TOOL

The goal of this exercise is to take a closer look at emotional skills and to systematically assess these skills through an emotionally intelligent lens.



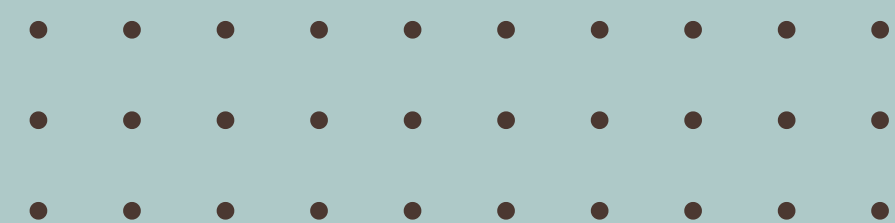


**01.** Appraisal & Expression in ONESELF

**02.** Appraisal & expression in others

**03.** Regulation of emotion in self

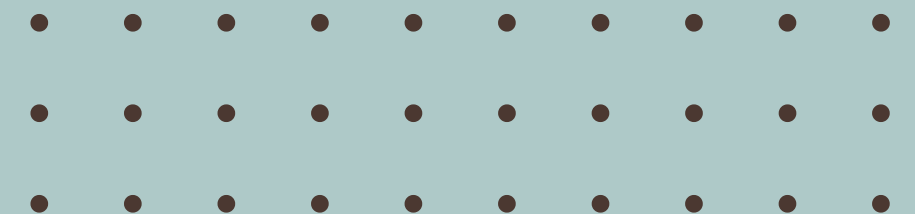
**04.** Emotion to facilitate performance



# TABLE OF CONTENT

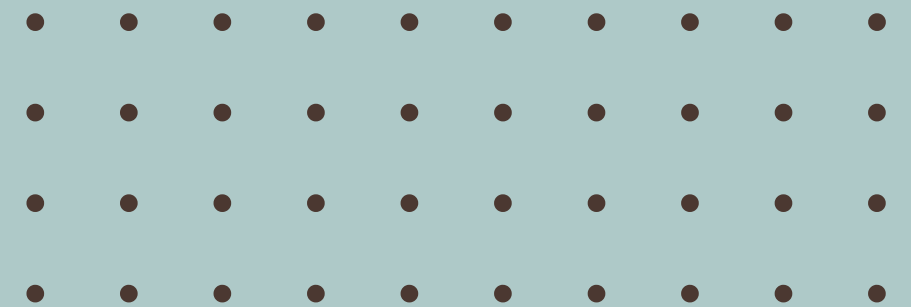
# INTRODUCTION

The ability to read the emotions of others is considered a core aspect of emotional intelligence and plays a key role in social interaction as it facilitates appropriate responding and bonding



# APPLICATION

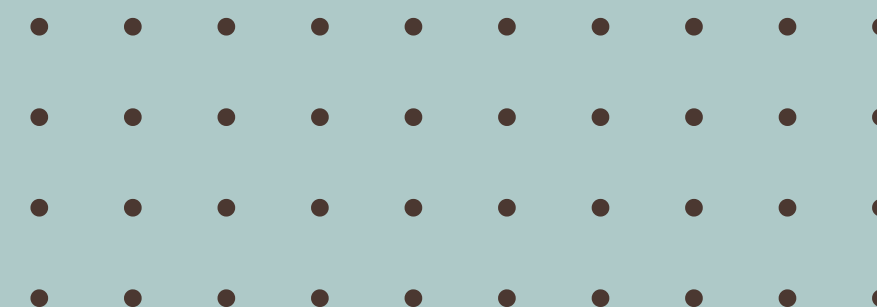
Emotional intelligence is a complex construct. The questions in this exercise can be used to enhance an understanding of its definition.



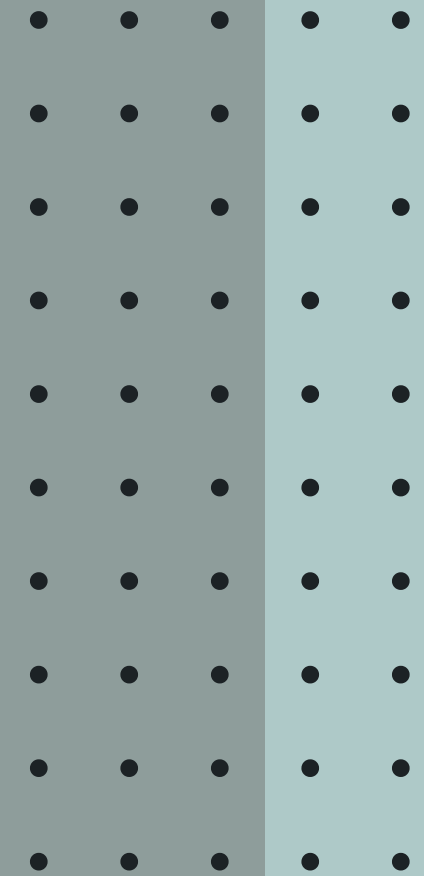
# INSTRUCTIONS

In this exercise, you will be asked to reflect on some questions about your emotions and the way you deal with these emotions.

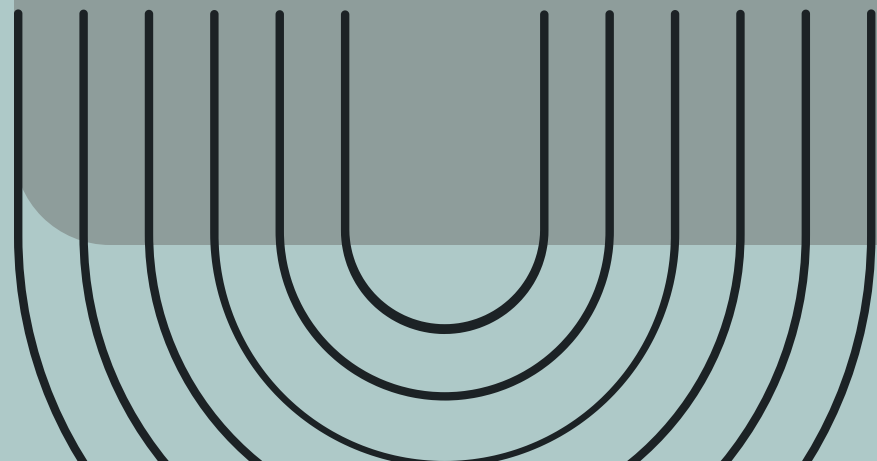
Emotional intelligence is defined as the degree to which we can understand our and other people's emotions and control and use them to improve ourselves. The following questions all refer to one specific aspect of emotional intelligence.



**01.**



# **APPRAISAL OF EXPRESSION IN SELF**

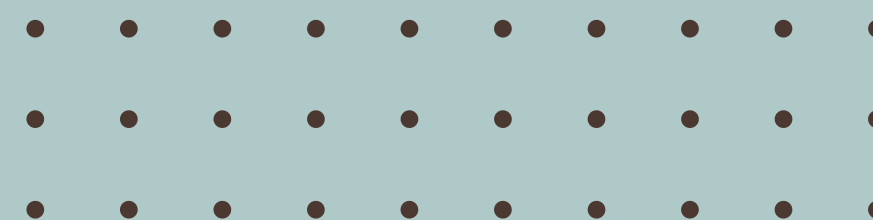


# SELF APPRAISAL

This relates to your ability to understand your emotions and to be able to express them naturally.

Questions to ponder:

- How good am I at identifying how I am feeling?
- How well do I know whether I am happy?
- How well am I able to notice when I am angry, sad, bored, etc.?
- How good am I at identifying emotional swings in myself?
- How well do I know why I have certain feelings?
- How good am I at finding the right word(s) to use to express my feelings?
- In which ways do I express my emotions (e.g., writing, talking, painting, etc.)?





# SELF APPRAISAL (RESPONSES)

A large, empty rounded rectangular box with a black border, intended for writing responses. The box is white and occupies most of the lower half of the page.



# THRIVE MODEL

When you plug your responses into the THRIVE model, which are below the line and which are above the line? As you seek to improve, what state of mind might best suit the transformation?

**POWERFUL PERSPECTIVES**

**LOVE**

**GRATITUDE**

**FORGIVENESS**

**APPRECIATION**

**ACCEPTANCE**

**THRIVE**

**ADAPT**

**BALANCE**

**CONNECTION**

**GROWTH  
MINDSET**

## **AWARENESS LINE**

**EGO/INSTINCTS**

**FEAR**

**JUDGMENT**

**GREED**

**VICTIM**

**ENTITLEMENT**

**SURVIVE**

**IMBALANCE**

**STUCK**

**LIMITED  
MINDSET**

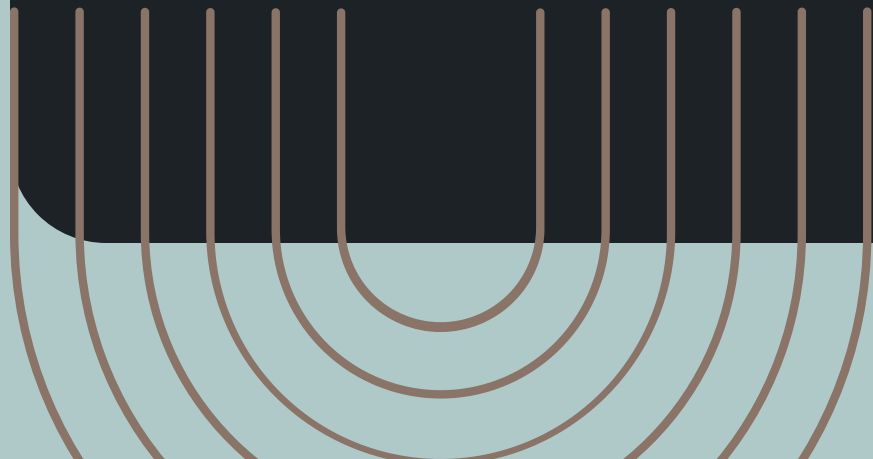
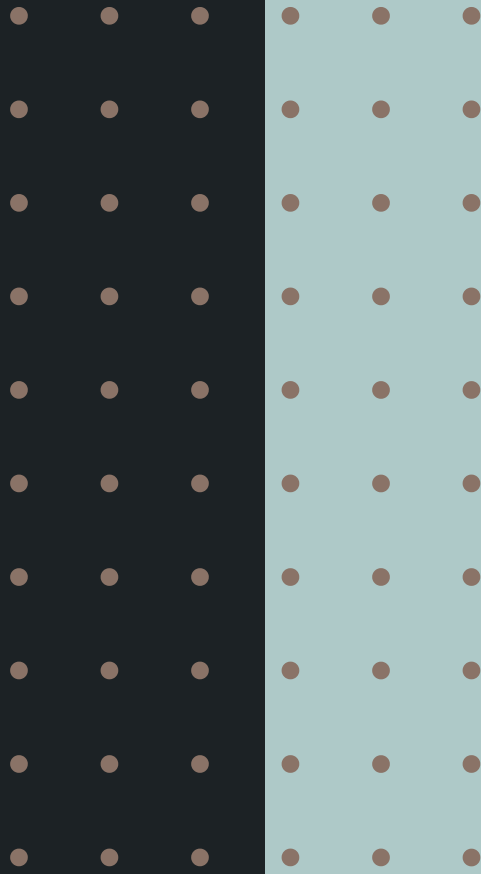
# SELF APPRAISAL (REFLECTION)

What do you think you might try to do to strengthen your skills here?

A large, empty rounded rectangular box with a black border, intended for the user to write their reflection on how to strengthen their skills.

02.

# APPRAISAL OF EXPRESSION IN OTHERS

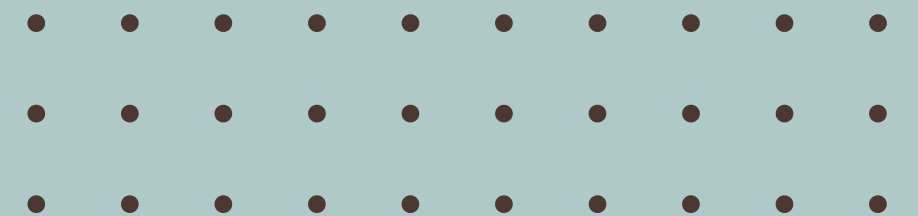


# APPRAISAL OF OTHERS

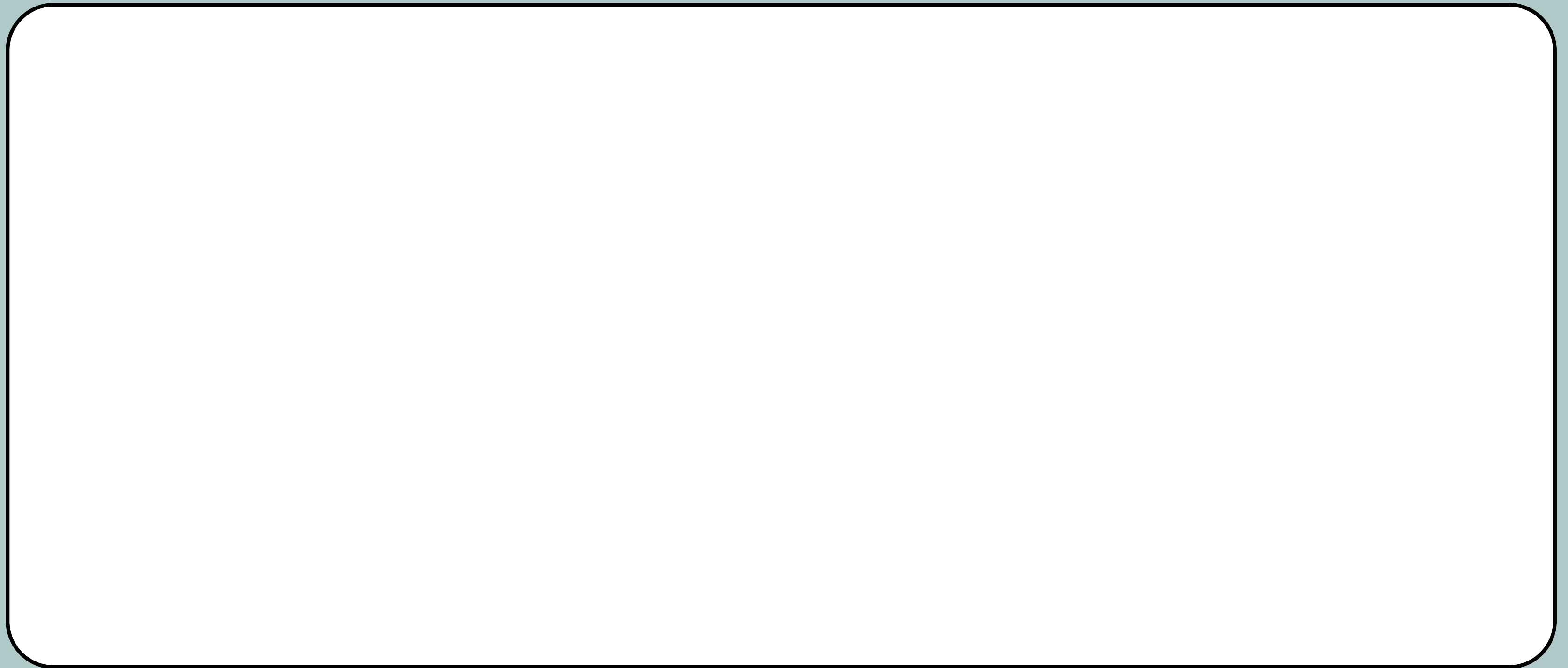
This relates to your ability to perceive and understand the emotions of the people around you. People who score high on this skill are sensitive to the emotions of others.

Questions to ponder:

- How good am I at identifying how others are or might be feeling?
- How well do I know whether others are happy?
- How good am I at identifying emotional swings in others?
- How sensitive am I to the feelings and emotions of others?
- How well am I able to notice when others are angry, sad, bored, etc.?
- How well do I understand the emotions of the people around me?



# APPRAISAL OF OTHERS (RESPONSES)

A large, empty rounded rectangular box with a black border, intended for writing responses. The box is white and occupies most of the lower half of the slide.



# THRIVE MODEL

When you plug your responses into the THRIVE model, which are below the line and which are above the line? As you seek to improve, what state of mind might best suit the transformation?

**POWERFUL PERSPECTIVES**

**LOVE**

**GRATITUDE**

**FORGIVENESS**

**APPRECIATION**

**ACCEPTANCE**

**THRIVE**

**ADAPT**

**BALANCE**

**CONNECTION**

**GROWTH  
MINDSET**

## **AWARENESS LINE**

**EGO/INSTINCTS**

**FEAR**

**JUDGMENT**

**GREED**

**VICTIM**

**ENTITLEMENT**

**SURVIVE**

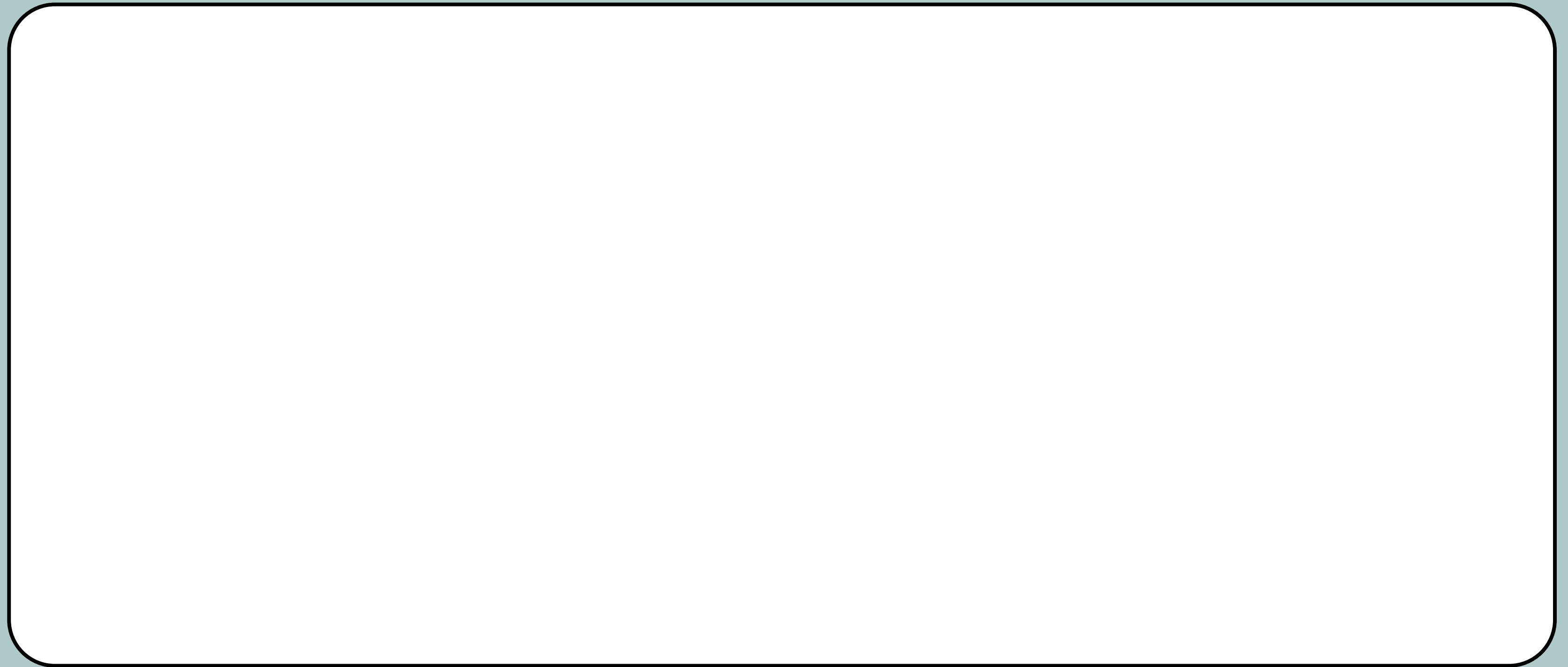
**IMBALANCE**

**STUCK**

**LIMITED  
MINDSET**

# APPRAISAL OF OTHERS (REFLECTION)

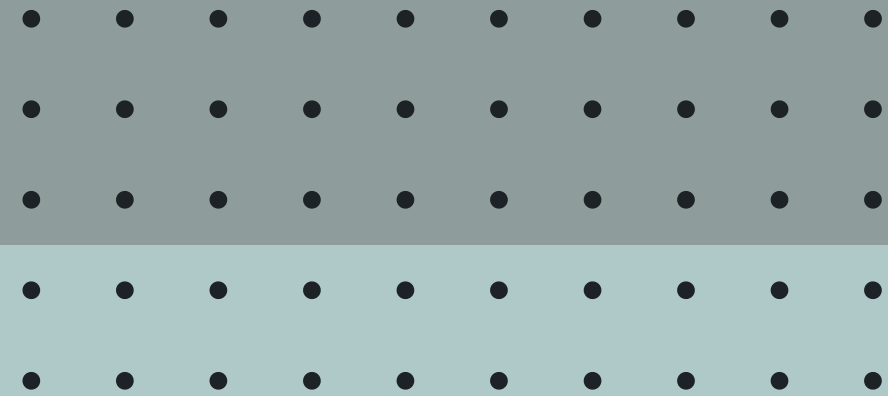
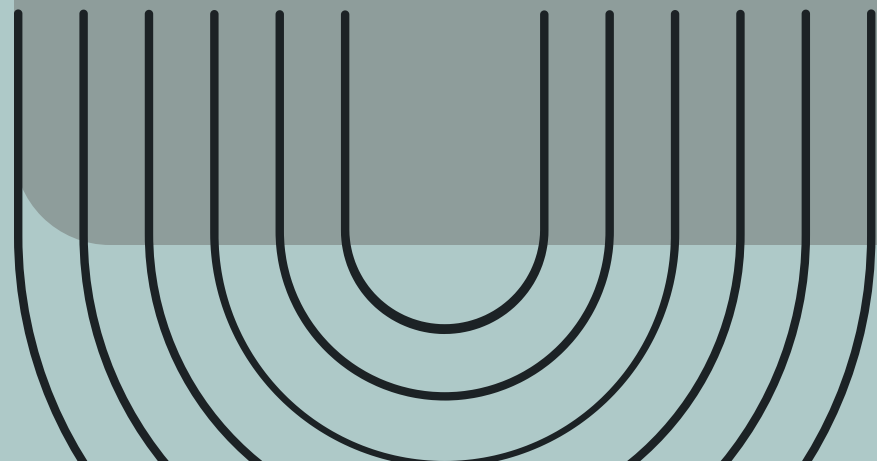
What do you think you might try to do to strengthen your skills here?





**03.**

# **REGULATION OF EMOTION IN SELF**

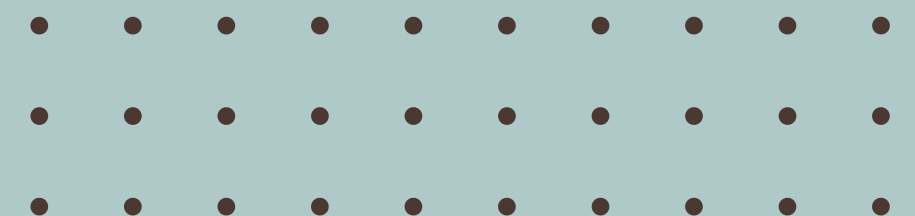


# REGULATION OF SELF

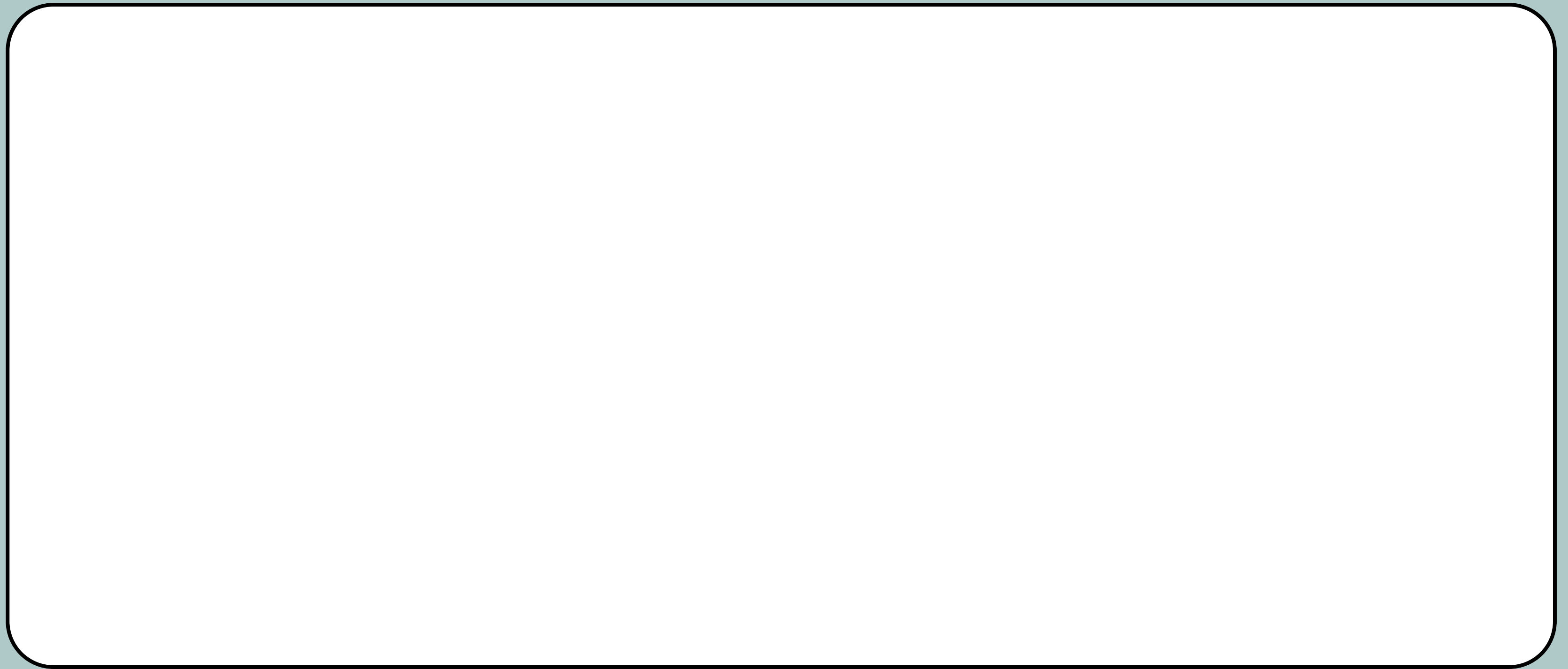
This relates to your ability to regulate your emotions, assisting you in recovering from psychological distress. A person who is highly skilled in this area can return quickly to “feeling normal” again after being upset.

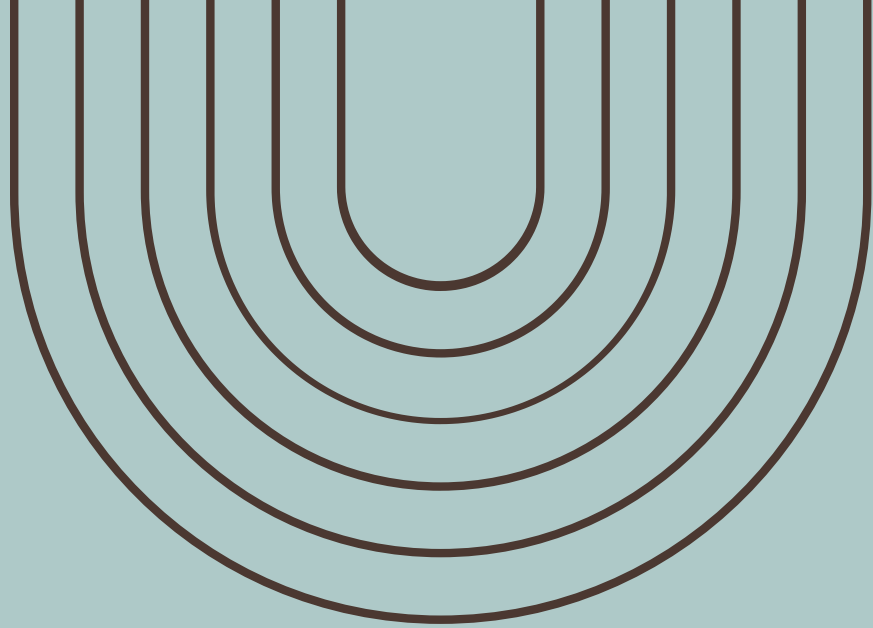
Questions to ponder:

- How well am I able to prevent my emotions from taking over?
- How well am I able to control my temper so that I can handle difficulties rationally?
- How well am I able to control my emotions?
- How well am I able to calm down quickly when I am angry or upset?
- How good am I at responding to an unexpected event when I am “caught off-guard?”
- How well am I able to self-regulate my behavior even under difficult circumstances?
- In what situations do I respond differently than I would like to respond?



# REGULATION OF SELF (RESPONSES)





# THRIVE MODEL

When you plug your responses into the THRIVE model, which are below the line and which are above the line? As you seek to improve, what state of mind might best suit the transformation?

**POWERFUL PERSPECTIVES**

**LOVE**

**GRATITUDE**

**FORGIVENESS**

**APPRECIATION**

**ACCEPTANCE**

**THRIVE**

**ADAPT**

**BALANCE**

**CONNECTION**

**GROWTH  
MINDSET**

## AWARENESS LINE

**FEAR**

**JUDGMENT**

**GREED**

**VICTIM**

**ENTITLEMENT**

**SURVIVE**

**IMBALANCE**

**STUCK**

**LIMITED  
MINDSET**

**EGO/INSTINCTS**

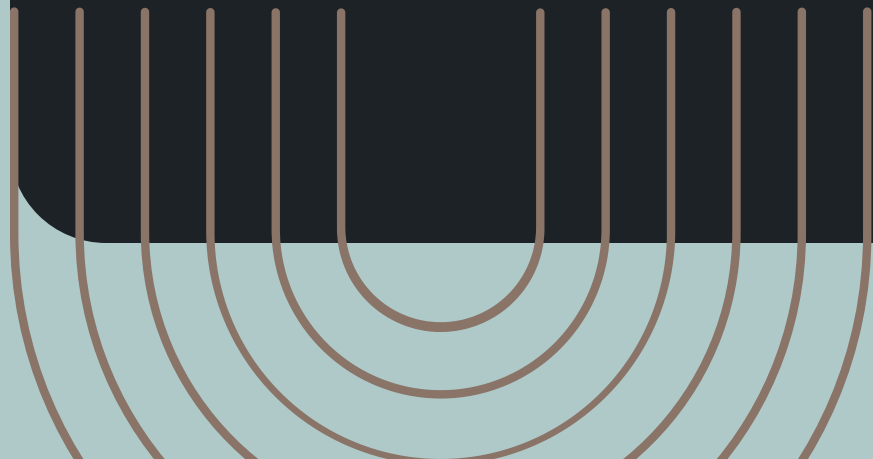
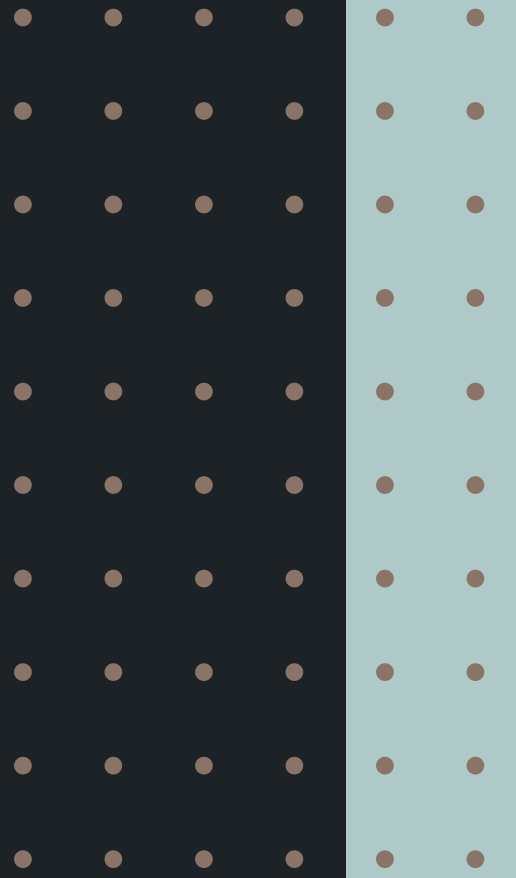
# REGULATION OF SELF (REFLECTION)

What do you think you might try to do to increase your abilities here?

A large, empty rounded rectangular box with a black border, intended for the user to write their response to the question above. The box is white and occupies the lower two-thirds of the page.

**04.**

**USE OF EMOTION TO  
FACILITATE  
PERFORMANCE**

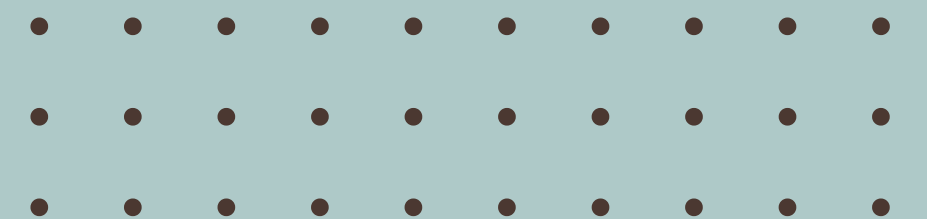


# USE OF EMOTION TO FACILITATE PERFORMANCE

This relates to your ability to use your emotions by directing them toward constructive activities and personal performance. A person who is highly capable in this aspect can encourage him- or herself to continuously do better.

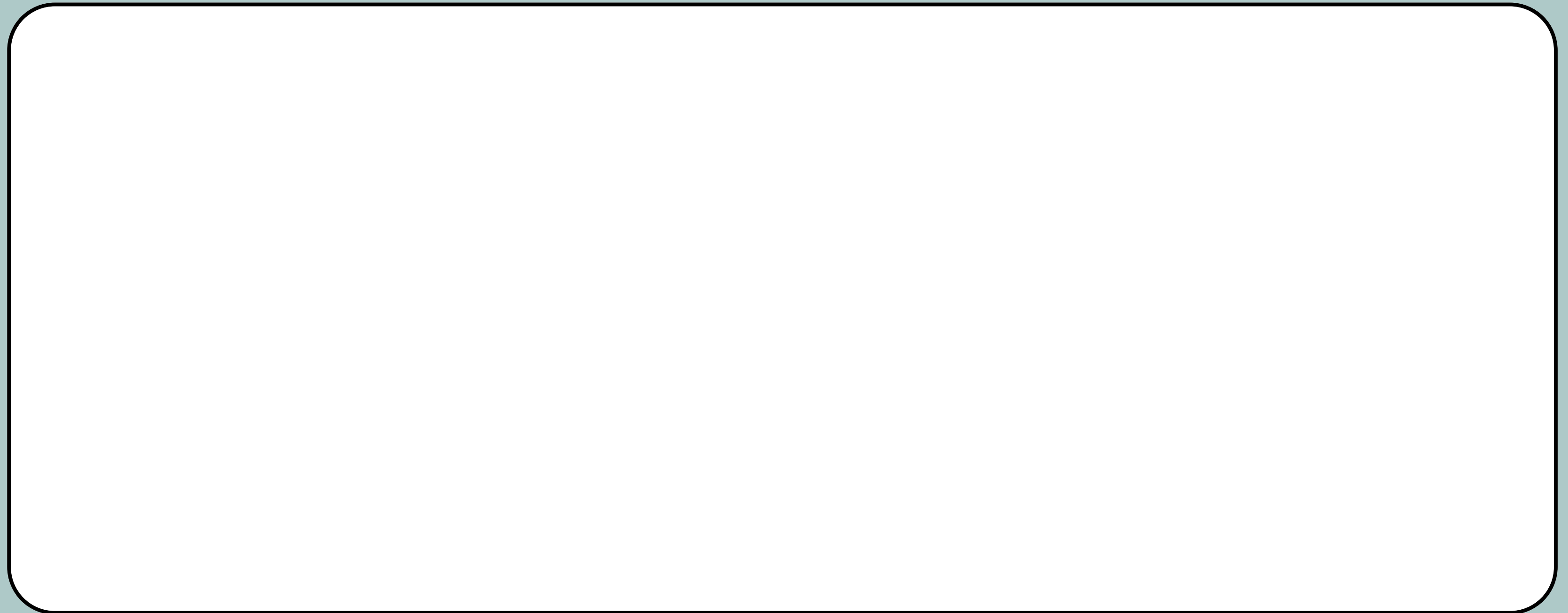
Questions to ponder:

- How do emotions influence my performance?
- How often do I try to do creative and interesting projects when I am in a highly positive and
- motivated state?
- How often do negative emotions after a setback cause me to stop trying?
- How often do positive emotions encourage me to keep doing what I am doing?

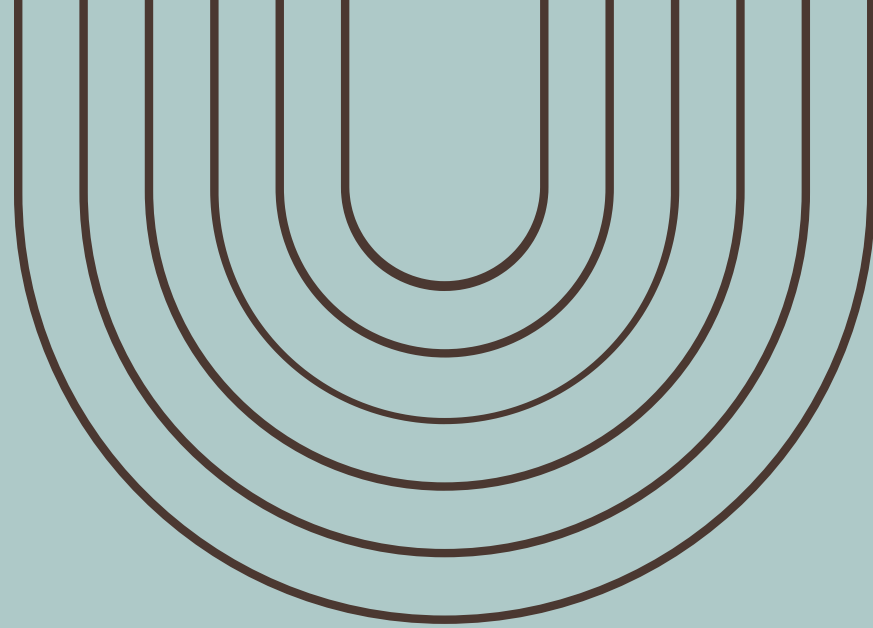


# EMOTION TO FACILITATE PERFORMANCE (RESPONSES)

Write down your current appraisal of your skills in this fourth aspect of emotional intelligence:

A large, empty rounded rectangular box with a black border, intended for the user to write their appraisal of their skills in this aspect of emotional intelligence.





# THRIVE MODEL

When you plug your responses into the THRIVE model, which are below the line and which are above the line? As you seek to improve, what state of mind might best suit the transformation?

POWERFUL PERSPECTIVES

**LOVE**

**GRATITUDE**

**FORGIVENESS**

**APPRECIATION**

**ACCEPTANCE**

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**ADAPT**

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**CONNECTION**

**GROWTH**

**MINDSET**

EGO/INSTINCTS

**FEAR**

**JUDGMENT**

**GREED**

**VICTIM**

**ENTITLEMENT**

**SURVIVE**

**IMBALANCE**

**STUCK**

**LIMITED**

**MINDSET**

## AWARENESS LINE

# **EMOTION TO FACILITATE PERFORMANCE (REFLECTION)**

What do you think you might try to do to increase your abilities here?

A large, empty rounded rectangular box with a black border, intended for the user to write their response to the question above. The box is white and occupies the lower two-thirds of the page.

# QUESTIONS?



Samantha@PowerfulPerspective.org



PowerfulPerspective



PowerfulPerspectiveCoaching

*Samantha*



The Navigator Group  
Creator of the THRIVE model



POWERFUL PERSPECTIVES



# You Were BORN FOR MORE

UNPACK WHAT  
HOLDS YOU BACK

SAMANTHA BLUHM

Welcome to You Were Born for More. This memoir-style self-help book invites you on a transformative journey, intertwining preposterous personal stories, reflections, and actionable insights to guide you towards a life of purpose and powerful perspectives.

Within these pages, you will embark on a profound exploration of self-discovery, reconnecting with your deepest passions, dreams, and aspirations. Drawing from personal experiences, triumphs, and set-backs, I offer a raw and vulnerable account of the pursuit of a life that resonates with our authentic selves.

You Were Born for More is an invitation to reclaim the untapped potential within you. If you are ready to embrace the extraordinary life you were born for, the time has come to unpack what holds you back and step into a life of limitless possibilities.

**AVAILABLE ON**

