

Life Success

The questionnaire asked about your current results. Here's how you're seeing your success now. To the right, set a goal of what you want to sustain or change.

Now

Your answers suggest you would like to make improvements in many areas of life. One of your strong areas is Effectiveness. You appear to be least satisfied with your Wellbeing. You reported that your performance outcomes are currently a bit out of balance (eg personal vs professional).

Future

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Leveraging your EQ

To put your EQ into action, use this 3-step process; it's a cycle to repeat. Here they are shown in order of your strengths.



- Choose Yourself**
Your self management is your strongest asset. You prefer to start from the "how", and choose the best approach to a situation.
- Give Yourself**
Another of your EQ resources is your ability to connect with others & your long-term purpose.
- Know Yourself**
You may prefer to go into action instead of pausing to notice your own emotions & reactions. This could cause you to miss useful EQ data.

Action steps

How can you use your EQ to help you reach your goals (written above)? Here's a recommendation from the EQ AI



Slow down & notice your reactions. Can you name recurring reactions that help you get to your goals? Are there others that block you from getting what you want?



It can be hard reach goals, we all get stuck sometimes. What are some options you are not considering? What if you listed 10 possible options, then experimented?



Think about the goals you've set. Is it possible to get there without others' help? How can you connect with them, emotionally, so they want to help you get there?