

EQ: THE NEW IQ

Self-Awareness

ACTIVITY 1: THE FEELING WHEEL

“Define emotions on the feeling wheel.”

STEP 1: On the Feeling Wheel, choose 3 emotions/feelings you are not familiar with or that you would like to explore more.

STEP 2: Look up the definitions of the emotion and write them in the spaces below.

STEP 3: Answer the question that follows.

EMOTION 1

EMOTION 2

EMOTION 3

EQ: THE NEW IQ

Self-Awareness

ACTIVITY 1: THE FEELING WHEEL

“Define emotions on the feeling wheel.”

HAVE YOU EXPERIENCED THESE EMOTIONS BEFORE? WHEN?

WERE YOU SURPRISED BY ANY OF THE DEFINITIONS? WHY?

TO STRENGTHEN YOUR KNOWLEDGE FURTHER...

For reading:

Brené Brown – *Atlas of the Heart*

Dr. Marc Brackett – *Permission to Feel*

For listening:

[Unlocking Us: Dr. Marc Brackett and Brené on “Permission to Feel”](#)

EQ: THE NEW IQ

Self-Awareness

RECOGNIZING EMOTIONS

“Categorize emotions as they arise in the body.”

Below are some examples of sensations we can feel in the body to help you as you start your practice of checking in with yourself. This list is not an extensive list – you can remove sensations that you do not relate to or add new words of your own.

How to use:

This list will help you identify what you are feeling in your body and name it. For example: “I feel constricted in my chest. I feeling a tingling in my hands and feet. I feel my heart pounding.”

BODY SENSATIONS

Achy	Frantic	Pounding
Alive	Frozen	Shaky
Breathless	Full	Sharp
Burning	Goose Bumpy	Shimmering
Buzzing	Hard	Shivery
Chilled	Heavy	Smooth
Closed	Hot	Soft
Cold	Intense	Spacious
Constricted	Itchy	Spasming
Cozy	Jittery	Still
Dense	Jumpy	Stretchy
Dizzy	Knotted	Strong
Dull	Light	Sweaty
Empty	Loose	Tender
Energized	Nauseous	Throbbing
Faint	Numb	Tight
Fluid	Open	Tingling
Fluttery	Paralyzed	Vibration

EQ: THE NEW IQ

Self-Awareness

ACTIVITY 2: CHECKING IN

“Categorize emotions as they arise in the body.”

WHAT SENSATIONS DID YOU FEEL IN YOUR BODY?

WHAT EMOTIONS DID YOU FEEL?

HOW DID YOU FEEL AFTER PRACTICING THIS CHECK IN?

EQ: THE NEW IQ

Self-Awareness

ACTIVITY 2: CHECKING IN

“Categorize emotions as they arise in the body.”

WAS THIS PRACTICE HELPFUL? WHY OR WHY NOT?

HOW MIGHT CHECKING IN WITH YOUR BODY AND EMOTIONS HELP STRENGTHEN YOUR EMOTIONAL INTELLIGENCE?

TO STRENGTHEN YOUR KNOWLEDGE FURTHER...

For practicing:

- Journal your thoughts after checking in
- Research “body scan meditations” and try one out

Helpful tools:

[Ten Percent](#)
[Headspace](#)

EQ: THE NEW IQ

Self-Awareness

ACTIVITY 3: DAILY PRACTICE

“Integrate self-awareness practices into your daily life.”

It is said that it take three weeks to form a habit and three months to become a lifestyle. So, let's find a way to fit check-ins into your already busy schedule!

Use the questions below to help you develop a plan of action!

STEP 1: WHAT TIME(S) OF DAY DO YOU WANT TO PRACTICE?

STEP 2: WHAT IS THE MOST EFFECTIVE REMINDER FOR YOU? (circle below)

Email reminders

Calendar entries

Phone alarms

Phone notifications

Accountability buddy

STEP 3: WHAT TOOLS WILL YOU USE TO HELP YOU?

MAKE A COMMITMENT!

Commit to checking in daily (ideally three times a day!) for the next three weeks. Use the next two pages to help you analyze your experience.

EQ: THE NEW IQ

Self-Awareness

ACTIVITY 3: DAILY PRACTICE

“Integrate self-awareness practices into your daily life.”

DAY 1

JOURNAL ABOUT YOUR EXPERIENCE WITH YOUR CHECK IN.

EQ: THE NEW IQ

Self-Awareness

ACTIVITY 3: DAILY PRACTICE

“Integrate self-awareness practices into your daily life.”

DAY 21

JOURNAL ABOUT YOUR EXPERIENCE CHECKING IN FOR THREE WEEKS.