

Life Success



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



Leveraging your EQ

Know Yourself

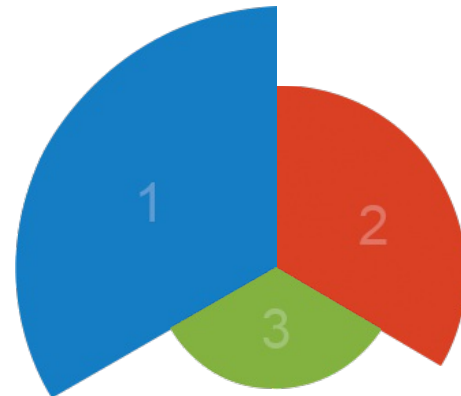
Your self awareness is your strongest asset. You prefer to start from the "what", look inside yourself and others to find powerful insights.

Choose Yourself

Your ability to pause and assess is another EQ resource. This can help you steer your choices intentionally.

Give Yourself

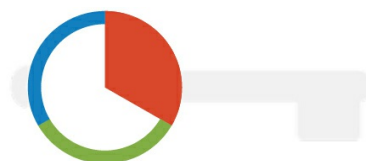
Your self direction doesn't necessarily drive your actions. It might be hard for you to think about long term goals & the impact on others.



Action steps



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?



What part of your goals is exciting? What actions, and who, can help you build on that? To increase energy, focus on aspects of your goals that are most enticing.



If it's not clear WHY goals matter, it can drain your energy. What part of your goals can make the future brighter? Practice focusing on the long-term importance.