

Emotional Intelligence

By Stacy Oliver

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“Being able to connect to your emotions—having a moment-to-moment connection with your changing emotional experience—is the key to understanding how emotion influences your thoughts and actions.” -*Psychology Today*

“Emotional intelligence is not fully understood but fundamentally it is being in touch with and allowing our own energy in the form of emotions to flow freely and allowing them to inform us and guide us in our interactions with our world, especially in our relationships with one another. It is our emotions, our feelings and sensations that are our own neurobiological system that is responding and guiding us in each moment when we tune into them and allow them. This is our direct connection to what is actually going on.”

--Donald Theiss

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What is EQ?

Emotional Intelligence (or “EQ”) is the measurement of your ability to connect with your inner wisdom. It is your level of consciousness. Your EQ defines your ability to live your life from a state of awareness and confidence rather than being driven by fear and survival. Emotionally intelligent people thrive in all areas of life. They are magnets for money, love, healthy relationships and opportunities beyond rational thinking. These are the awe inspiring people you see whose lives continue to expand regardless of where they came from, what high school they attended or if they have a college degree. You wonder, how do they do it? After all, you do all the right things and yet you find yourself spinning your wheels or continually bumping up against obstacles. You may achieve financial success, but your family life is in chaos. Some of the most affluent homes have some of the most dysfunctional families. We live in a time of amazing financial success;

however, the breadwinner is often absent, or if physically present, emotionally checked out. Even when at home they are worrying about the next deal or the current crisis or numbing out with TV, food, or booze.

What we have to understand is while money isn't everything it does not have to be exclusive of health, wellbeing and fulfillment. It does not have to come at the high cost many pay to the detriment of their emotional, mental and physical well being. This is not the way things have to be. We can have it all -- money, health, harmonious relationships, peace and fulfillment. We can be healthy, wealthy, happy AND fulfilled.

When I was 25 years old starting out as a real estate agent, I would gage my success by how stressed I was. I felt successful when my calendar was booked beyond capacity. I took pride in being double booked. The clients I attracted were equally stressed and a real pain in the you know what. My EQ was in the negative and typically so was my bank account. I was living the dream. I was stressed and using the common "work hard, play hard" excuse (meaning, work like

crazy, party like crazy and shop like crazy on the weekends). Of course, I matured over the years but things would never quite align in all areas of my life. To give attention to all areas of our lives requires a level of emotional intelligence I did not have. Emotions drive our lives whether we are aware of it or not. Raising our EQ will yield success in every area of life.

Belief Systems

*“A belief is just a thought we keep thinking.”
-- Abraham Hicks*

*“If you think you can or you think you can't,
you're right.” -- Henry Ford*

Our belief systems run our lives. Beliefs are thoughts that we keep thinking over and over until they have been ingrained in our brains. Our thoughts create our reality. Our beliefs are often something we have been taught. Unfortunately, that does not necessarily make them correct or helpful in leading a happy life. Maybe you were taught that life is hard or money is evil, just as somewhere along the way I came to believe that stress equals success. I now have a new belief: peace equals success.

Emotions or feelings arise from thoughts. Positive thoughts create positive feelings and negative thoughts create negative feelings. We have all heard that “misery

loves company”. It also goes without saying that positive people attract positive people and positive experiences. Your mind may tell you to work harder to make more, but this is a belief, it is not a requirement for financial success. Plenty of people have achieved financial freedom with minimal effort. Are they lucky or do they actually have an incredibly positive attitude in regards to life? When we raise our EQ we intuitively know how to work less and make more money. We recognize and welcome opportunity when it knocks as opposed to ducking behind the furniture in fear of failure. We know that the better our energy, the higher the chance we will close the deal. Emotionally intelligent people know when they need to rest and recharge in order to achieve maximum success in their lives. The more rested and relaxed we are, the more likely we are to attract an authentic partner in business and in life. People with high EQ excel with less effort in all areas of life. They have less drama in their lives. They live more satisfying lives because they create exactly the lives they want.

Full Responsibility

“Joy is what happens to us when we allow ourselves to recognize how good things are.”

-- Marianne Williamson

Of course, we all have experienced trauma in our lives, some more than others. All that means is that some have more healing to do, but we all need to heal our traumas and our stories and our beliefs. It is our responsibility as adults and it is solely our responsibility. The people or circumstances that caused the trauma cannot heal it for us, nor is it their responsibility.

This is hard to hear and to swallow at times. We are fully responsible for our lives moving forward as adults. We might have been victims as children but as adults we get to be warriors. The wonderful news is that there are infinite resources in today's modern world for the healing of our mental,

emotional, physical and spiritual wounds, including psychotherapy, tapping therapy, acupuncture, EMDR, Emotional Release therapy, and past life regression. The list is endless and hopefully your excuses to avoid doing the inner work which will change your outer circumstances are few. We have to take action. We must take full responsibility for everything in our lives, including our reality. We are creating this reality with our thoughts which create our beliefs which create our lives.

So, stop the negative talk. Stop the story. Repeating our story perpetuates the drama and it contributes to the problem. It gives it power. Notice how you are addicted to the story and the drama. Practice changing your story. When we do this our thoughts change, next our reactions begin to change, and eventually our outer circumstances change. We learn to respond rather than react. We calmly go about our day responding with ease and grace. We attract more and more positive experiences. We resist urges that would not be in our best interest. These are the markers of a high EQ.

Connection

As our EQ increases we become more conscious and aware. We recognize signals and respond appropriately to yield better outcomes. When things are “going off the rails” as my partner likes to say, we see it as a signal to stop, connect and listen. Emotionally intelligent people connect with their inner wisdom on a daily basis and increase this ability throughout their lives. This ability to connect with your inner wisdom can shift your business, your finances, your relationships, your entire life in a short period of time.

Listening to your inner wisdom rather than your rational intellect is a game changer. Practicing emotional intelligence can increase your productivity level, your bottom line and your daily enjoyment of life. Stress leaves and is replaced with peace and creativity. This is the secret to working less and making more. Using our emotional intelligence to create the life of our dreams is a moment of connection away. Connecting

with our inner wisdom allows us to be more connected to our employees and our loved ones. If you want a cutting edge in business versus the competition, work on your inner intelligence. This is where the brilliant ideas and solutions are waiting to be born. Stop for a few minutes before entering a presentation to breath and connect. Quieting the mind allows room for brilliant solutions to come to mind. The more this is practiced, the more it becomes a natural way of being. You will be poised in the most critical of situations. Crisis will be rare in your business because it will be seen as opportunity. Enthusiasm and creativity will be the norm.

What is Your EQ?

Emotional Intelligence Quiz

These are loaded questions intended to stimulate self-awareness.

- 1) When I have a problem that causes me anxiety, fear or stress, I tend to mostly:
 - A) Avoid it - eat comfort food, watch TV, work more.
 - B) Call a mentor, friend or spiritual advisor to talk about it.
 - C) Practice silent meditation to listen for guidance from inner wisdom or spiritual beliefs.
 - D) Analyze it to try figure out a solution to the problem.

- 2) When a loved one dies, I tend to mostly:
 - A) Avoid pain by shopping, working and staying busy.
 - B) Take alone time to grieve.
 - C) View the loss as an opportunity for surrender and powerlessness. Reflect on the person's impact on my life, feeling appreciation for our time together and how much that person brought to my life.
 - D) Comfort the family and take care of everyone else.

- 3) When I experience a financial loss or unexpected expense, I tend to mostly:
- A) Avoid the problem altogether or share my victim story with friends.
 - B) Call someone to talk about it and process solutions.
 - C) Get quiet and go into sacred silence to wait for a solution.
 - D) Work harder to make more money faster.
- 4) When a love relationship ends or is in turmoil, I tend to mostly:
- A) Avoid facing what happened (denial) or get angry.
 - B) Feel my feelings and make time for solitude and reflection to process and get clarity.
 - C) Lean into emotional and spiritual practices.
 - D) Call my supporters and complain about it (go into my victim story).

Scoring process:

- 1 point for each A and D answer
- 2 points for each B answer
- 3 points for each C answer

Results:

- 1-4 points = Low EQ
- 5-8 points = Average EQ
- 8-12 points = High EQ



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Stacy Oliver makes it a point to enrich others' lives through Yoga & Spa Magazine as well as with the annual Living Fit Expo, fundraising opportunities, networking events and the Extraordinary People Lecture Series. She has touched hundreds of thousands of lives through her work, yet her mission still remains the same: to motivate others to live a healthy, dynamic and self-empowered life. Stacy is available to speak at corporate events, staff meetings, fundraisers and is available for one on one coaching.

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