

Report for: John Sample

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S **Six Seconds**
E **Emotional**
I **Intelligence**

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This report will describe your results on the SEI, the Six Seconds Emotional Intelligence Inventory. The report includes:

- Introduction to emotional intelligence and the Six Seconds' model.
- Chart of your SEI scores.
- Interpretation of scores with development suggestions. Max – later I'd like to customize these based on the score level – so introductory ideas for lower scores, advanced ideas for higher scores.
- Concluding remarks.

INTRODUCTION

The SEI is based on Six Seconds' model of emotional intelligence – designed to help people put EQ into action in their lives. The model consists of eight fundamental skills divided into three pillars – Know Yourself, Choose Yourself, and Give Yourself. We have found that by committing to these three pillars, people are better able to develop and use their emotional intelligence to create more positive, healthy, and meaningful lives.

Most people first heard the term "emotional intelligence" around 1995 with the publication of Daniel Goleman's best-selling book *Emotional Intelligence: Why It Can Matter More Than IQ*. In that work, Goleman laid out a powerful case that such factors as self-awareness, self-discipline, and empathy determine personal and professional success. He drew on the work of numerous leading scientists and authors who were working to define and measure the skills of emotional intelligence.

To help people put the theory of emotional intelligence into practice, Six Seconds developed a three-part model in 1997. The model draws on the work of Peter Salovey, Ph.D. (one of Six Seconds' advisory board members), and Jack Mayer, Ph.D. who first defined EQ as a scientific concept. It also builds on the model popularized by Daniel Goleman. The model integrates leading thinking on this emerging science into a practical, useable, and memorable structure.

SIX SECONDS' MODEL OF EMOTIONAL INTELLIGENCE

- **Know Yourself** is increasing self-awareness. It helps you understand your own thoughts, feelings, and actions.
- **Choose Yourself** is building self-management and self-direction. It helps you follow your intentions and live more consciously.
- **Give Yourself** is about aligning your daily choices with your larger sense of purpose. It helps you increase your wisdom to relate meaningfully with others and make the most of your life.

Specific skills are defined within each of these areas. This report will show your scores in each area, define that skill or concept, and provide recommendations for development.

AREA	ABILITY/SKILL
KNOW YOURSELF	Enhance Emotional Literacy Recognize Patterns
CHOOSE YOURSELF	Apply Consequential Thinking Navigate Emotions Engage Intrinsic Motivation Exercise Optimism
GIVE YOURSELF	Increase Empathy Pursue Noble Goals

YOUR SEI SCORES

OVERVIEW

Thank you for completing the SEI questionnaire! This test is designed to help you understand yourself better and to assist you in living and leading in a manner that gets you the best possible results. As you read this report, please keep three ideas in mind:

1. This is a snapshot based on this moment in time.
2. The test results are based on what you said about yourself. If you were highly self-critical, or highly self-praising, the test will adjust somewhat, but the results are based on what you said.
3. All the areas measured by this test are areas where you can improve your performance. None of these is a “fixed” part of you; you can develop in all these areas if you choose.

Before you read any further, think about your life. Are you getting the results you want? Do you feel that you have personal mastery? Are you following your own intentions?

The SEI is a self-report test, so this score is based on your self-perception – it will be helpful to validate this data by gathering input from others and by reflecting on the results you are seeing in your life.

Overall interpretation: Your SEI scores suggest you have many valuable EQ strengths that you can continue to optimize and develop – the challenging is continuing to make the most of these abilities. This report will help you see how to leverage those strengths to get even better results.

SCORES:

Scores on the SEI are reported in five categories:

- Vulnerable: This area may be an obstacle for you to meet your goals; it may be creating personal and professional challenges for you.
- Emerging: This is an area where you are showing some development of skills and awareness, and it may be helpful to continue to develop.
- Functional: In most situations your skills are serving you well in this area; you may wish to develop here.
- Skilled: This is probably a valuable strength for you to leverage.
- Expert: You appear to have unique ability in this area.

Area	Score	Range
KNOW YOURSELF	98	Emerging
Enhance Emotional Literacy	88	Emerging
Recognize Patterns	78	Vulnerable
CHOOSE YOURSELF	105	Functional
Apply Consequential Thinking	110	Functional
Navigate Emotions	72	Vulnerable
Engage Intrinsic Motivation	118	Skilled
Exercise Optimism	131	Expert
GIVE YOURSELF	105	Functional
Increase Empathy	90	Emerging
Pursue Noble Goals	116	Skilled
Total EQ	102	Functional

INTERPRETATION

KNOW YOURSELF

Know Yourself focuses on self-awareness. In order to use your emotional intelligence to its best effect, a person needs to become more aware of his emotions and reactions. Know Yourself includes two fundamentals:

1. Enhance Emotional Literacy
2. Recognize Patterns

1. Enhance Emotional Literacy

Feelings are a complex aspect of every person. This skill helps us sort out all of those feelings, name them, and begin to understand their causes and effects. Just as learning to write and read begins with literacy of letters and sounds, learning to interpret and manage feelings begins with emotional literacy.

Importance: Emotional literacy is the basic building block of emotional intelligence. Accurately perceiving and interpreting emotional information is key to using, understanding, and managing feelings.

At work: Emotional literacy is key to reading other people, and it's a basic asset for using your own emotional intelligence in decision-making. Emotions are data, and emotional literacy is the key decoding it. A high emotional literacy will help you relate to employees and customers, understand what drives people, and assist in your ability to inspire and motivate others.

Score: 88

Interpretation:

Emerging: Do you sometimes find yourself misreading other people, or having feelings you don't understand? Your SEI score indicates that

this is an area to continue to develop. If this score is accurate, you may find emotions to be mysterious, or perhaps you don't see them as "real" or substantive. It's likely that you rely on intellectual or cognitive analysis for problem-solving. You may have experienced difficulty understanding what drives people. If you choose to develop in this area, you may find it quite challenging at first, but incredibly rewarding. You will gain powerful insight into yourself and others, and see this expanded awareness as a first step to personal mastery.

DEVELOPMENT SUGGESTIONS

Emotional literacy includes recognizing and naming feelings. Emotions are neurotransmitters with specific effects and structures. Each has a unique "signature" with specific effects on your body (such as skin temperature) and on your mind (such as focusing your attention on a problem). Building emotional literacy begins by "tuning in" to the language of emotions.

Ask questions of emotionally literate people to expand your vocabulary and understanding. Ask them to tell you about their feelings and the physical and intellectual affects of those feelings so you can better recognize them in yourself.

"The Silent Movie Game." Make a habit of "people watching," especially in the company of emotionally literate friends. See if you can guess what people are feeling by their facial expressions and body language. This will help you become more aware of the nonverbal signals of feelings and then put labels to those signals.

"Body Scan." At least five times per day, take six seconds to mentally review your physical state. Pay attention to what you're feeling physically, starting at your toes and ending at the top of your head. Notice where you feel tense, relaxed, warm, cold, comfortable, or uncomfortable. See if you can notice particular times, events, or activities that correspond with a specific physical state. This will help you become more aware of the link between your emotions and the physical signs and effects of those feelings.

2. RECOGNIZE PATTERNS

Sometimes we assess new situations and respond carefully, but most of the time we run on autopilot reacting unconsciously. In part it's because the human brain is wired to form and follow neural pathways. Chunking experiences into categories, the brain looks at new situations and assesses if they are somewhat like old situations – if so, it treats them as the same. These sets of ideas and feelings form into patterns – they become our filters for how we interpret the world. Left unconscious, these patterns can inhibit optimal performance. This skill lets us be more conscious of these cycles of reaction.

Importance: While some patterns are highly functional, many are dysfunctional and lead us to poor decisions. Recognizing patterns is the first step to evaluating them and developing conscious choice about behavior.

At Work: Recognizing patterns is essential for effectively managing your own reactions. All of us are driven by patterns, and if you're not conscious of yours you can not master them. Recognizing your patterns will help you follow your intentions, protect you from being manipulated by fears and egos, and keep you focused in the midst of change and challenge.

Score: 88

Interpretation:

Vulnerable: Do you find yourself in the same kinds of unpleasant or difficult situations over and over? Your SEI score suggests that you do not recognize your own patterns clearly. If this score is accurate, you may find it very challenging to either predict or change your own behavior. People may perceive you as unaware of your own reactions. You may perceive yourself as powerless or helpless – like you have little choice about what happens to you or what you do. If you choose to develop this awareness, you may find it quite challenging at first – but if you persevere, you are likely to see that a whole new world of

possibility has been opened up. A fairly simple process of scientific observation of yourself will bring you great rewards.

DEVELOPMENT SUGGESTIONS

Everyone has and follows patterns, some are functional, some are not – but if you don't learn to recognize them it may not be possible to tell which are serving you and which are not. To become more effective at recognizing patterns, observe yourself more carefully. Adopt a nonjudgmental view – don't assess what's "good" or "bad" about your reactions, simply notice them. Notice how you respond to different thoughts and feelings – and begin to track reactions that seem to recur.

Understand the meaning of patterns. Read . *Read Fight or Flow Part I: "Hit Back First"* (<http://6seconds.org/a/ff>) to review how patterns function and how they are defined.

"Here We Go Again." Create a log book or journal where you record your patterns and reactions. At the end of each day, or immediately after you've experienced one, write down some of the recurring situations you seem to experience. Write down what happened, and your thoughts, feelings, and actions that arose in response. After two to three weeks, you will likely be able to clearly identify several patterns.

Consider asking a trusted friend, a coach, or counselor to help you learn to recognize your own patterns.

CHOOSE YOURSELF

Once you begin to increase self-awareness, you may find that you want to change some of your feelings and patterns. Choose Yourself is about consciously directing your daily life – shifting out of reaction and into balance. Choose Yourself includes four fundamentals:

1. Apply Consequential Thinking
2. Navigate Emotions
3. Engage Intrinsic Motivation

4. Exercise Optimism

1. APPLY CONSEQUENTIAL THINKING

This skill lets us examine the consequences of our choices and the cause and effect relationships of our choices. It is key to managing our impulses and acting intentionally (rather than reacting). Consequential Thinking employs both our emotional and cognitive intelligences – it's a process of thinking about feeling, and feeling about thinking to identify optimal choices.

Importance: Consequential Thinking is the key to reducing impulsivity and the first step to self-management. It helps people make the best choices, to understand how people will react, and to follow their own intentions.

At Work: Like a good strategic planner, someone who is effective at Consequential Thinking can position themselves and their organization to ride the waves of change. This essential ability lets you understand the consequences and implications of your own choices, see how you affect others, and take charge of your results.

Score: 110

Interpretation:

Functional: Your SEI score indicates that you usually consider the costs and benefits of your decisions. If the score is accurate, you probably manage your own impulses well – and let yourself be impulsive when the time is right. To make the most of this ability, be sure to take the time and effort to reflect on your choices and their consequences before you take action. As you refine your talent you may find it easier to stay in balance – to let go when the time is right and to walk cautiously when that's appropriate. Developing this skill will help you make even wiser and more effective choices.

DEVELOPMENT SUGGESTIONS

To develop in this area, slow down and assess your choices. Begin by recognizing that you are constantly making choices about how you think, feel, and act. Think about the short and long term effects on yourself and on

others. When the “stakes are low” or the situation is safe, feel free to follow your impulses. When the situation is more serious, take more care in making decisions.

“The ‘What If?’ Game.” A few times each day take a moment to think about something that happened today and imagine three possible reactions. For each reaction, imagine how that might affect yourself and others today, in a week, and in a month. Be sure to consider both “concrete” effects and emotional effects.

“Choice Counter.” Set aside 30 minutes once a day for a week to review the previous hour. Think carefully over the hour and recognize at least 10 choices you made about your thoughts (what you told yourself), your feelings (what you focused on), and/or your actions (what you did).

“Emotional Algebra.” Think about a decision you have to make, and create a typical “pro” and “con” list with your reasons for one argument or the other. Then, imagine that you decide one way: How does it feel? Review the emotional value of each item on the list. Cross out any items that are not truly significant, and put one or more asterisk by the ones that matter deeply. Now do the same for the other side. Finally, look at the two sides “adding up” the emotional weight – which decision has more power?

2. NAVIGATE EMOTIONS

People are often told to control their emotions, to suppress feelings like anger, joy, or fear, and cut them off from the decision-making process. But feelings provide insight, energy, and are the real basis for almost every decision. Feelings are like electricity; touch an outlet, and the voltage can shock you, but harness it and it helps with daily living. Navigating Emotions is a non-cognitive skill lets us tap the energy and information in feelings to find the wisdom that lives within.

Importance: When we Navigate Emotions we find the value or purpose of the feeling – it gives us both insight and energy. If we don’t explore and transform our feelings, we either “dump” them on others, or attempt to

repress or ignore them. This skill lets us harness and transform our feelings into a positive and productive force.

At Work: People who Navigate Emotions on the job are balanced, insightful, and inspiring. Tapping the power and wisdom of feelings lets you manage your own reactions, keeps you present and involved with other people, and helps others trust you.

Score: 72

Interpretation:

Vulnerable: Your SEI score indicates that harnessing and managing feelings can be a problem for you. If your score is accurate, it is likely that you find emotions to be either overwhelming, confusing, or irrelevant. Do you find it difficult to manage your feelings and challenging to change from one feeling to another? Are you experiencing physical and mental effects of suppressing feelings for a long time? Or conversely, are you “dumping” your feelings on others and adversely affecting your relationships? You may find the whole concept of emotional intelligence a bit “touchy-feely” or illogical because it’s hard for you to access, use, and transform your feelings. If you tend to block out feelings – or try and force them - it is not an easy change to accept and value them. That’s a first step, though. Tell yourself that feelings can be valuable sources of insight and energy. A second step is recognizing that at any time you have multiple feelings – by focusing your attention you can cause one or another to be “bigger.” With perseverance you can develop this important skill!

DEVELOPMENT SUGGESTIONS

Navigating Emotions is a non-cognitive activity, so it is frequently best to develop this skill without too much analysis or structure. Emotions are signals that help direct our attention; Navigating Emotions is a process of understanding those messages and harnessing both the wisdom and the energy in feelings. Try reflecting on your feelings while taking a walk – let

yourself really feel the feelings, and see how your feeling change as you engage with them and let them flow.

“Musical Feelings.” Develop your ability to summon and transform feelings by listening to music. Make a CD or load your iPod with a variety of music that captures a range of feelings. Listen to the music and feel the feelings that go with the music. With each new song, shift your feelings to match the new music. This will help you know that you are able to shift from one feeling to another and you will become more emotionally flexible as you practice these shifts.

“Emotion Messages.” This exercise will help you become better at understanding the message, or wisdom, in feelings. Think of a situation or person about which you have strong feelings. Make a list of the 3-4 most prominent ones. One at a time, focus on that feeling to intensify the emotion. When you are feeling it, draw a picture, symbol, or pattern. Then write down what you’re thinking. Switch to the next feeling and repeat. Finally look at all the papers and their messages and see what insights you can find.

“Feeling Palette.” A key to Navigating Emotions is that we usually have many feelings at any given time, and we can focus on one or another. One of the challenges, however, is taking the time to actually feel the feelings so we can access them. Think of a situation where you need to Navigate Emotions. Divide a paper into eight squares, and using colored pencils or pens, and depict eight different feelings you have around this topic. Now, one by one, take a few moments to focus on that feeling and really feel it.

3. ENGAGE INTRINSIC MOTIVATION

Intrinsic motivation is energy or drive that comes from within (such as a personal commitment) – in contrast to extrinsic motivation that comes from another person (such as praise or money). While there is nothing wrong with seeking and earning external reward, lasting motivation and energy has to be fuelled by an inner drive. Emotions are key to developing and tapping into our inner motivations. The feelings we associate with particular values and commitments give them power, and in turn give us the strength to act.

Importance: If we require external reinforcement to be motivated, we are always at the mercy of others. Engaging Intrinsic Motivation means developing and utilizing lasting inner motivators. These forces give us courage and commitment to make change and grow.

At Work: When you Engage Intrinsic Motivation on the job, you have the power to excel. You link your work with your personal mission, and bring forth your own passion and commitment. This lets you work effectively, inspires others, and stay on course through challenge.

Score: 118

Interpretation:

Skilled: Are charged up with inner drive and motivation? Your SEI score indicates that you get in touch with your motivation easily. Passion and commitment allow you to excel and to distinguish yourself. Your inner clarity helps you align your actions with your intentions – if you keep at it, you can find the drive to change the world. Everyone “runs out of steam” some days, but you can recover your energy by reconnecting with your values and goals. The downside is that you may create a lot of stress for yourself (and others) with these lofty goals. For example, people may see you as a martyr, and sometimes you probably feel like one. Continue to harness these inner motivators while also finding patience for yourself and others.

DEVELOPMENT SUGGESTIONS

Increasing intrinsic motivation involves two components. The first is reducing the need for external validation and reward. This does not mean living as a hermit or martyr – it means shifting your perception of external validation from a “need” to a “want.” When you “need” reinforcement from others you give up your own self-efficacy and power. The second component is developing clear values, goals, and self-validation. In other words, become passionate about what’s important to you and then recognize when you’re achieving that.

“Need Bank.” Begin noticing when you use the word “need” either out loud or in your head. Count how many times you “need” praise, recognition, or reward from someone else, and each time put a coin in a special bank or jar. As you put the coins in, imagine that it represents those “needs,” but instead of getting them from someone else, you’re giving them to yourself.

“Family Values.” Review the values that you hold (a value is an idea in which you invest your time and money). Write each one on an index card, and on the back write down where you believe you learned that value. Now, sort the cards into three piles: My Own Values (ones that are a central part of you), Values I’m Adopting (ones that you mostly believe in; perhaps they come from people you care about that you), Other People’s Values (ones you “should” value but don’t really). For 3-4 of the “My Values” cards, imagine breaking or going against it – how does that feel? Imagine fully living it – how does that feel? If it’s a real value of yours, you will have strong feelings about it.

“Desert Island.” Imagine that you are going to be stranded on an island for five years. You will find enough to eat and drink, but you may be bored. If you could bring five things, what would they be? If you could bring five people, who would they be? If you could use the time for one project, what would it be? Discuss this with friends or family.

4. EXERCISE OPTIMISM

Optimism allows us to see beyond the present and take ownership of the future. This skill blends thinking and feeling to shift our beliefs and attitudes to a more proactive stance. As we apply our emotional intelligence to look at success and failure, optimists can inspire themselves to learn and grow from adversity while taking strength from success.

Importance: Optimists, according to Positive Psychology guru Dr. Martin Seligman, live longer, are healthier, have better and more lasting relationships, make more money, and have more successful careers.

At Work: In almost every profession, optimists are more likely to succeed. People like optimists, they build supportive relationships, and they are better

at influencing others. Optimists also are more agile when it's time to change directions, they are open to new opportunities, they rise above setbacks, and they foster innovation.

Score: 131

Interpretation:

Expert: Do you see the world as a wonderful place to be? Your SEI score indicates that you are undaunted by challenge and focus your attention on solutions and possibilities. If your score is accurate, you see setbacks as temporary and jump to options and solutions. You take responsibility for your failures and accept due credit for your successes. Perhaps people see you as unrealistic, sometimes, because you are not daunted by challenges they find overwhelming. Are you using your optimism to its fullest? Bringing this habit of heart and mind to the forefront will open new doors for you and those around you.

DEVELOPMENT SUGGESTIONS

Increasing optimism requires a change in the way you talk about success and failure. It requires both a mental and emotional shift to know that failure is temporary and you can overcome it. In Dr. Martin Seligman's outstanding work on optimism, he encourages pessimists to challenge their own thinking about adversity or failure:

Pessimistic	Optimistic
Permanent (always or never)	Temporary (this will pass)
Pervasive (ruining everything)	Isolated (it's one area)
Powerless (nothing I can do)	Effort Possible (I can do something)

"Six Sides." Pessimists tend to see their view as the only possible or reasonable one. Think of a situation – a success or a failure. Now, use cardboard to create a die that has six or more sides. Write a different way of

thinking about the situation on each side. Try rolling the die and feeling what it's like to see the situation from this viewpoint. Then roll again.

"Super Pessimist." Sometimes exaggerating the pessimistic view to a humorous extreme can help you see that all is not doom and gloom. Briefly write down a problem you're facing. Make three columns: Permanent, Pervasive, Powerless. Under each, write the most extreme ideas that come to mind about why this problem will last forever and a day, what it's going to ruin absolutely everything, and how even if you were super human you'd be unable to do a thing about it. Don't be realistic here, be so extreme you can't help but laugh. Then tear the paper into tiny shreds.

"Optimism Interview." Find a colleague or friend who has survived a serious health problem – such as cancer. Ask them to tell you about it, and listen to hear how they talk about the adversity as temporary, isolated, and effort possible. Share this model and ask if it makes sense to them.

GIVE YOURSELF

Give Yourself is about applying your emotional intelligence to develop emotional wisdom. Simply being smart about emotions is not enough – to live a full, healthy, meaningful, and successful life we need our feelings to help use create wisdom. This component of the model is about using your feelings to help you strengthen your values and principles. It includes two fundamentals:

1. Increase empathy
2. Pursue noble goals

1. INCREASE EMPATHY

Empathy is the ability to recognize and appropriately respond to other people's emotions. It is key to understanding others, forming enduring and trusting relationships, and ensuring we consider and care for other people.

Importance: Empathy is key to relating effectively with others. It lets you appreciate multiple points of view and keeps you from isolating yourself.

Emotions are primal, powerful signals of safety and belonging. By coming to feel an appropriate response to others' feelings, you develop strong, mutually supportive connections.

At Work: Empathic people are better at listening to others and finding out what's really happening. By increasing empathy, people will trust you more, they'll know you care about them, and they'll be willing to go the extra mile for you.

Score: 90

Interpretation:

Emerging: Is it sometimes challenging for you to pay attention to other people's feelings? Your SEI score indicates that recognizing and responding to emotions can be uncomfortable, difficult, or not interesting for you. Perhaps you respond to people logically, or you find some emotions overwhelming or uncomfortable. If your score is accurate, you sometimes have trouble relating on an emotional level so people can find you cool or distant. Developing empathy will very likely help you understand others, form stronger relationships, and solve problems more effectively. You may find it difficult to slow down and pay attention to other people's feelings more, but you'll find tremendous benefits as soon as you do.

DEVELOPMENT SUGGESTIONS

Increasing empathy begins by recognizing that people's feelings genuinely matter. Once you believe that feelings are powerful, real, and valuable, you can begin to learn to read and respond to others' feelings in an appropriate way. Empathy requires both recognizing the feelings in others, responding emotionally yourself, and connecting with them in an open, nonjudgmental, compassionate manner. Major obstacles to empathy include being in a hurry, devaluing emotions as "irrational" or "silly," and being afraid that the feelings will overwhelm you.

"What If I...?" One way to develop empathy for others is to consider what you would need and like in different situations. Create a stack of index

cards; on the fronts, write common emotional situations (e.g.s, "I am lost." "I am lonely." "Someone I care about is angry with me." "I think someone is criticizing me.") Then, one card at a time, imagine yourself in that situation. What would it feel like? On the back of the card, answer this question: If someone was truly caring towards you, what would they feel, say, or do? To take this a step further, make 3-4 duplicates of the fronts of your cards, and ask other people to put their answers on the backs. This can help you see that people have different needs.

"What Do You Want?" Often in conversation, people focus on what they are going to say next – this is an alternative approach. As you're involved in a conversation with someone, ask yourself what s/he is feeling, then ask yourself what s/he really wants. Much like in the "What If I...?" exercise, this process will help you focus on the emotional messages and needs. If you have trouble figuring out what the person is feeling or what s/he really needs, try asking.

"Validation Boot Camp." This exercise is easiest with a preschool aged child having an outburst or tantrum, but it can be done with anyone expressing a strong feeling. Instead of providing an answer or dismissing the feeling, practice repeating back what the person is saying. If the child says, "I don't want to go to bed!" You say, "You don't want to go to bed, do you?" Repeat the process 5-10 times. As you do it, observe your own reactions. Do you want to run away? To dismiss or minimize the feelings? To yell? To get it over with? Repeating this exercise will help you manage the child's strong emotions, and also help you reflect on the non-empathic responses you sometimes use.

2. PURSUE NOBLE GOALS

Noble goals activate all of the other elements of EQ. Through our missions and our callings, the commitment to emotional intelligence gains relevance and power. Just as our personal priorities shape our daily choices, our noble goals shape our long-term choices. They give us a sense of direction, a 'north star' to calibrate our compass, and they help us align our thinking, feeling, and acting to maintain integrity. Pursuing a noble goal goes well beyond the scientific definition of emotional intelligence – it's about putting

your EQ into action. A noble goal helps you achieve not just emotional intelligence, but emotional wisdom.

Importance: Many, even most, times in life we're faced with competing commitments. Life is pulling us in multiple directions, and it feels impossible to balance. In addition, we're often confused about what's most important. We get wrapped up in the moment and carried away. Or we get caught up in our egos, defending our pride instead of solving problems. In these moments we need a way to reset our "internal compass" and check our direction. We need a way to measure what's important. A noble goal provides that – and enduring sense of purpose empowers us and helps us follow our best intentions.

At Work: By pursuing your Noble Goal at work, you unlock your real passion and purpose. Your passion and commitment is a beacon to other committed and effective people. You don't become distracted from your long-term vision, and you make ethical and conscientious decisions that inspire confidence and quality.

Score: 116

Interpretation:

Skilled: Do you have a strong sense of purpose in your life? Your SEI score indicates that you are committed to a set of principles that supports the welfare of others as well as yourself. If your score is accurate, you have developed a sense of direction for your life and you can articulate the values or purposes that guide you. You may perceive that you are not fully committed to that purpose, or that the vision is still developing, but you are moving in that direction. Are you fully using your sense of purpose in your daily work and life? Have you thought about a noble goal for your life? Perhaps you have not put it in those words – if not, consider the legacy you'd like to leave in this world as a caring "link in the chain" of human strength.

DEVELOPMENT SUGGESTIONS

Pursuing a Noble Goal requires you to use all the other aspects of your emotional intelligence. An active self-awareness, a careful concern about your choices, powerful optimism, clarity about your own motivation, and a compassion for others combine in this pursuit of enduring purpose. Many of the development suggestions in this report, therefore, can help you pursue a noble goal.

“Hall of Fame.” Construct a personal “Hall of Fame” – who in the world and in your life do you wish to emulate? Make a book or poster with photos and descriptions including the one quality that qualifies each person to enter this honored status. Now, make a statement on the cover of the book or top of the poster that captures the criteria of this Hall of Fame (if it were a Hall of Fame for baseball, the statement might read, “Those nimble in body and mind -- who bat like a cannon, run like the wind, catch like a magnet, play as a team, and embody the ideals and heart of the game.”). Finally, consider what you will need to do to qualify for your own hall of fame and act on it.

“The Movie of Your Life.” Imagine that after your death, a famous filmmaker hears the story of your life and decides to make a movie to inspire the next generation by showing what a difference one person can make. Children of the future feel hope watching the movie, they are deeply inspired to find their own sense of purpose and to shepherd the world towards a better state. Over the course of several weeks, write in your journal to answer these questions: What was the powerful message of this movie? How did your daily choices and actions add up to a something far greater than the sum of the parts? What was your legacy?

CONCLUSION

Please think over these results and consider how they are borne out in your day-to-day life. This is a self report test, so your scores are partly a reflection of how you see yourself – check to see if your self-perception is accurate by discussing these results with people who know you well.

Often when people take tests, they put a great deal of focus on the lowest scores. While it may help you to become more clear about areas where your EQ is not well developed, you'll be able to change that by using your strengths. Focus on your strengths and using them to their fullest.

Your three highest scoring areas are:

- Exercise Optimism
- Engage Intrinsic Motivation
- Pursue Noble Goals

How does a person who is strong in these areas lead her or his life? How do you share those strengths with others? How do you draw upon them to bring your "best self" forward each day?

We hope this report has helped you to understand you SEI results; it helps to discuss the results with a coach or the person who administered the test for you. You are also welcome to contact Six Seconds to learn more about this model and our tools: www.6seconds.org

Congratulations on your decision to explore your emotional intelligence – may it enrich your life personally and professionally.

- The Six Seconds' Team

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