\*\*The Universe shares messages with us and our unconscious mind every moment of every day. This means our entire life reflects the conversation with all that is.\*\*

**Emotional Integrity**: emotional intelligence and self-management

Key takeaways:

\*\* What is emotional intelligence?

\*\*The benefits of emotional intelligence

\*\*The benefits of emotional integrity

**\*\* What is emotional intelligence?**

*Emotional intelligence (EI) is a person’s ability to observe, control, and assess their emotions. (Merriam-Webster).*

*When we observe and assess our thinking and choose to show up in the moment, as our best* *selves, we* *seem to navigate life situations better. That’s what we are talking about here, better self-management through emotional intelligence. I know, I know, that can be easier said than done, right?!*

This new information on the responsibility of one’s feelings, in turn, helps to analyze and understand personal biases and perspectives with better clarity.

l discovered three main reasons I continued to struggle: resistance, fear, and indecision. What became apparent to me as the much greater concern was a lack of a clear Point A to point B system that was easy to follow. A road map to help me understand how emotions affect decisions, personal agreements, and to begin navigate change with more optimism.

**Phase one Fuel** **(information)** sets the foundation for the rest of the system. Here we begin to understand how emotions affect decisions, personal agreements with self, limiting beliefs, and emotional authority. In this we begin to see our emotional misunderstanding hinder progress, dreams, and freedoms. The third step of each phase is an affirmation to organize thoughts, support mindset changes and ease anxiety.

***Personal-Emotional Authority*** isthe freedom to think and feel what you think and feel and learn to voice them. Accordingly, understanding and acceptance of the feelings begin, and allows the opportunity to work through difficult emotion(s) by dismantling the source/origin -belief. As a result, better emotional balance, joy, and peace is yours to experience.

**The Hard Way:**

Defiant and indifferent

distracted

fearful

**An Easier Way:**

Present with acceptance

assured

courageous

**The Benefits**

We all know change is a constant in our lives, so why not help change feel less resistant? If we want to navigate change with optimism, objectivity, emotional intelligence, and personal integrity will be our compass and help us be effective in this. You see, if emotional intelligence, is new to you, this knowledge in many ways will help usher in new perspectives. These new insights will then help foster more emotional balance and responsibility for one’s emotional life.

Thank you!! This has been a preview inside of “**Phase I – Emotional Integrity and Authority.”** If you resonate with this course snapshot, I invite you to click the link below and begin a journey to self-discovery to manage change with optimism. Cheers!!