

Module - Emotional Intelligence

May 2025

You have been asked to keep a journal to record your experiences of the following five challenges and then, for your assignment, reflect on at least 3 of them. You can also comment within your reflection regarding the experience of journaling itself and of asking yourself the three key questions every night:

1. What went well today?
2. What can I do differently tomorrow?
3. What did I do for someone else today?

Challenges:

The purpose of the challenges is to increase your self-awareness – a key ingredient of emotional intelligence. To gauge your level of self-awareness, you could try a few of the emotional intelligence quizzes on Moodle before you start the challenges and just before you write your reflection, to see if your self-awareness has improved as a result. To get the most out of the challenges (and to give you enough to write about!), continue with the challenges for at least 4 weeks:

1. Expressing gratitude.

Every night, look back on the day and think about what you're specifically grateful for – e.g. that you felt well, that your children seemed to have had a good day in school, that you made a customer smile (3-5).

2. Spending time in nature.

You can combine challenges two and three, if you want. This challenge involves you spending time in the local park, woods, seaside etc., noticing changes in the leaves, flowers blooming, wildlife around you. Being mindful.

3. Practising solitude.

Spend at least 15 minutes alone each day, for self-reflection (no distractions).

4. Getting sufficient sleep.

Find your optimum amount of sleep (most adults need 7-9 hours a night) and improve your sleep hygiene. Introduce good sleep habits to increase the quantity and quality of your sleep.

5. Pausing before reacting.

Try out the *stop-breathe-reflect-choose* technique. When you experience strong negative feelings, tell yourself to calm down and think more clearly. Take deep slow breaths, count to 10 or take a walk, to help you relax. Don't react until you have your emotions under control and think about responding appropriately, rather than reacting.

At the end of the 4 weeks, look back at your journal and make observations – are there any patterns – for example, are you less stressed after a walk? What does the literature say regarding this?

Good luck!