

A stylized illustration of a spiral-bound notebook. The notebook is white with a teal border and a teal spiral binding on the left side. The text is centered on the page.

**Foundations of Emotional
Intelligence**

MODULE 2

**Module
Completion
Checklist**

I downloaded and completed the worksheets attached to Module 2. Use the checkbox to mark them as completed.

- Low and High Areas of Emotional Intelligence & What is the most important quotient measured in EQ and why?
- Identifying my Automatic Thoughts.
- List 10 Things I Admire About Myself & How to Play to My Strengths.
- Healthy Boundaries.
- Questions for Self Recognition.
- Questions for Social Recognition.
- Emotional Vocabulary.
- Define Your Why (Personal Mission Statement.
- Individual Development Plan.

Reading/Books/Self Development Resources

Remember, you receive the gift of a 50% discount on your next e-course from Authentika Academy when you complete Foundations of Emotional Intelligence.

Here's a link to Supercharge your Motivation:

<https://authentikaconsulting.com/supercharge/>

Please check out Authentika's blog posts as many of the topics relate directly to what you've learned in this e-course.

<https://authentikaconsulting.com/blog-discussing-uncovering-challenges/>

BOOKS

START WITH WHY

By Simon Sinek

THE FOUR AGREEMENTS

By Don Miguel Ruiz

EMPATHY: WHY IT MATTERS, AND HOW TO GET IT.

By Roman Krznaric

TURN THE SHIP AROUND!: A TRUE STORY OF BUILDING LEADERS BY BREAKING THE RULES

By L. David Marquet

VIDEOS/RECORDINGS:

DISNEY/PIXAR MOVIE: INSIDE OUT

Meet Yourself: A User's Guide to Building Self-Esteem: Niko Everett at TEDxYouth@BommerCanyon

Niko's work on <http://nikoeverett.com>

Niko Everett would like to introduce you to someone she thinks you should know-YOU! As the founder of Girls for Change, Niko has helped many young teens transform their communities and themselves by holding up a powerful mirror. In this engaging talk, Niko will demonstrate how anyone- from boys and girls to grown men and women can get a glimpse into their own transformational looking glass too.

Emotional Mastery: The Gifted Wisdom of Unpleasant Feelings | Dr Joan Rosenberg | TEDxSantaBarbara

What often blocks people from feeling capable in life and from having greater success with finances, health or relationships is how they handle unpleasant feelings. Psychologist Joan Rosenberg unveils the innovative strategy and surprising keys for experiencing the challenging emotions that lie at the heart of confidence, emotional strength, and resilience.

MATTHIEU RICARD: WHAT IS HAPPINESS, AND HOW CAN WE ALL GET SOME?

What is happiness, and how can we all get some? Buddhist monk, photographer and author Matthieu Ricard has devoted his life to these questions, and his answer is influenced by his faith as well as by his scientific turn of mind: We can train our minds in habits of happiness. Interwoven with his talk are stunning photographs of the Himalayas and of his spiritual community.

AUTHENTIKA'S RADIO SHOW EPISODE: THE BENEFITS OF MEDITATION

Host: Susan Cranston

Do you remember seeing the movie GroundHog Day with Bill Murray? The film depicted the lead character, a weatherman from Pittsburgh, living the same day over again until he finally figured out what he needed to do to live his best life and deeply connect with the woman of his dreams.

How much of your life feels like you're reliving the same day over again? Today's episode focuses on the benefits of meditation, the power of conscious choice-making as well as an introduction to Ayurveda, a 5000-year-old consciousness-based system of healing from India.

While not a religion, Ayurveda describes ways we can attain optimal health and deepen the connection between our mind, body, and spirit. You are worthy and deserving of love -- this is your birthright. What you've experienced in our past doesn't have to trip up your future. Tune in now and gain some helpful tips and nourishing lifestyle routines to help you live your best life starting now.

BRENE BROWN: EMPATHY VS SYMPATHY

How to start an empathy revolution:

Roman Krznaric at TEDxAthens 2013 (17 minutes)

Roman Krznaric is a cultural thinker and writer on the art of living. This talk is based on his new book *Empathy: A Handbook for Revolution*. Roman is a founding faculty member of The School of Life in London and advises organizations including Oxfam and the United Nations on using empathy and conversation to create social change. He is also the founder of the world's first [Empathy Library](http://www.empathylibrary.com/). He has been named by The Observer as one of Britain's leading lifestyle philosophers.
<http://www.romankrznaric.com/>

Roman Krznaric: "Empathy Why It Matters & How to Get It" | Talks At Google

98% of people have the ability to empathize. But few of us use our full empathic potential.

Roman's new book is *Empathy: Why it Matters & How to Get It* - describes the six habits of highly empathic people, showing how empathy can be used to improve our relationships, boost our creativity and tackle social problems from everyday prejudice to violent conflicts.

Simon Sinek - EMPATHY - BEST SPEECH OF ALL TIME By Simon Sinek 14 minutes

Think Win-win Habit 4: Stephen Covey: 7 Habits of Highly effective people

Sheldon is a bad listener

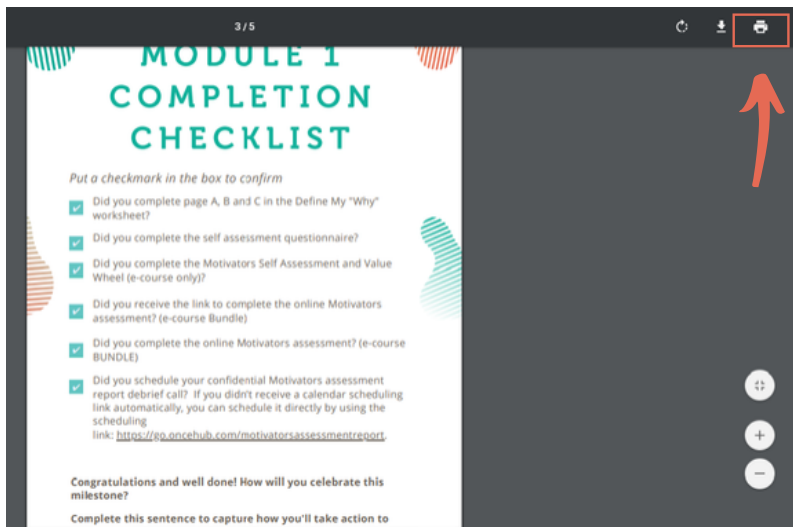
Paul Rudd: First Tonight Show Lipsync Battle

Simon Sinek | How to Be a Great Leader with lessons from David Marquet

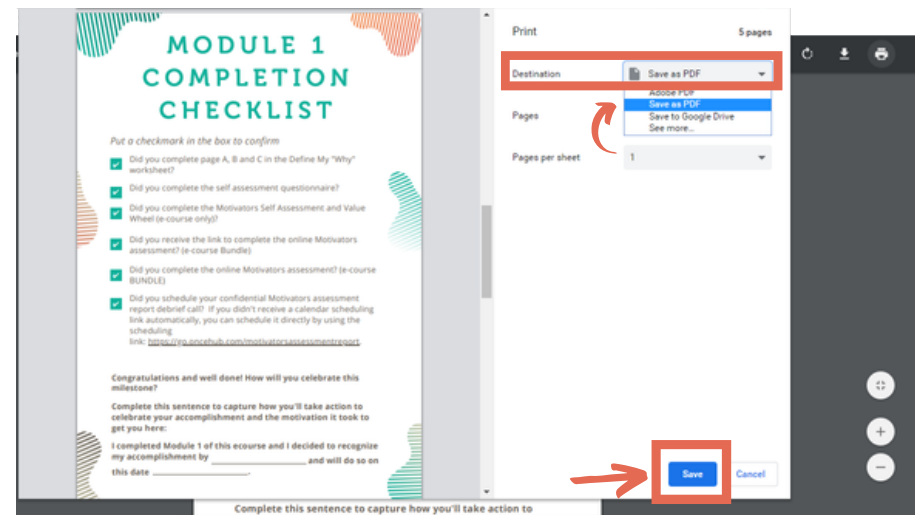
David Marquet TALK ON YOUTUBE:

Guide on how to save your worksheet

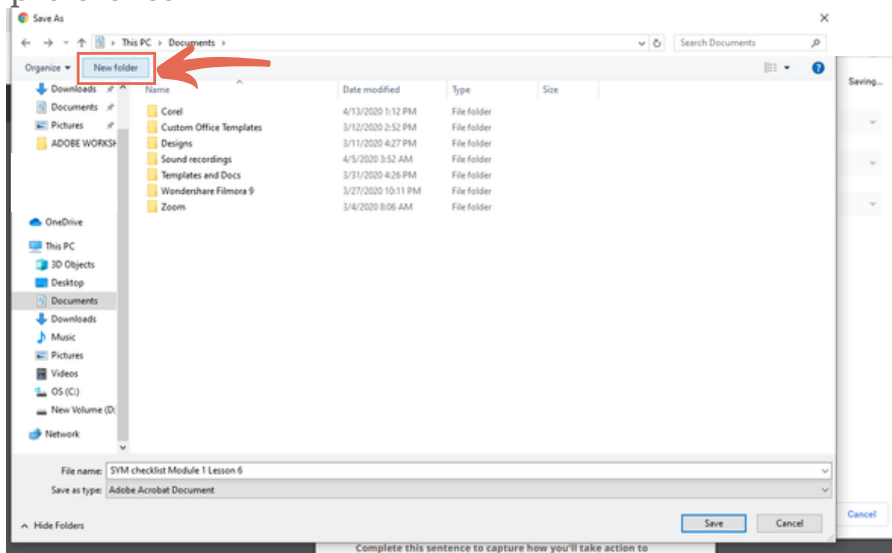
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

