



## Self-Leadership

### EQ Best Practices on Self-Regulation and Management

- I exhibit self-control, modulating impulses well and expressing emotions effectively, channeling them productively.
- I have an optimistic, hopeful or positive outlook or can shift to feeling optimistic, hopeful and positive, focusing on success or possibility.
- In stress, I can calm or center myself (count to ten, meditate, take deep breaths, body scan, sleep, walk, exercise, dance, sing, do art).
- If I sense I am impacting others, I can put myself in a neutral or curious stance and change my attitude and behavior.
- I catch myself before getting hooked into tense discussion and am objective or ask questions for understanding.
- I look for or shift to an effective inner voice and positive self-talk.
- I tolerate my frustrations and manage my anger, expressing them effectively and courageously.
- I listen to and act on my intuitions.
- I try to learn from every situation I experience and seek input from objective external parties.
- I act in a trust-worthy manner, congruent with my values and beliefs.
- I am flexible and adaptable to change and seek innovation.
- I am self-motivated, take initiative, aiming for high standards and willing to act on opportunities.
- I pursue goals despite obstacles or setbacks.
- I suspend judgment or blame and speak in "I" statements.