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How **RESEARCH** Improves Understanding

3A LESSON - Research Clarifies the Importance

ACTIVITIES

To assure that you are building a sufficient in-depth understanding of this lesson, it is essential to perform these related activities, along with the lesson quiz. Most lessons ahead are very similar in structure. All supplements are designed to help inspire behavior that will serve you well, while discouraging behavior that will stifle mature mind development.

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JOURNALING QUESTIONS TO EXPLORE EACH DAY

Journaling questions have been providing guidance since 2A Lesson, pinpointing particulars related to your day that you otherwise wouldn't consider. This lesson's questions will continue to enhance your self-awareness. By asking yourself these assessment questions each day and journaling your answers for at least a month, you will have a better chance to address your emotions realistically. With effort, you should increase the number of days you have answers to the first question noted below, and decrease the days you have answers to the second question. Remember to utilize the blank calendar page supplement from 2A Lesson for journaling these questions.

1. **What did I purposefully do better today because of what I'm learning about EI?**

This particular question will assist you in grasping the overall impact of self-monitoring. Noting what you are able to change —because of your awareness and interest in improving your EQ— should provide motivation for using more discretion than you would otherwise consider.

Understanding alone rarely improves the quality of anyone's actions. You must also practice what you are learning. If you don't have an answer to this question for a number of days, perhaps you are not as interested in improving as you think you are; self-honesty and humility are vital to practice for continued self-growth.

2. **What did I do today that could later be consequential?**

This question should assist you in becoming more focused and reserved in emotional reactions as you reflect, in search of any indiscretion. If you don't take time to honestly evaluate this question each day, inappropriate reactions may go unchecked, allowing for harmful consequences. Reviewing these answers should reduce the chances of recurring pratfalls, sparing you from long-term consequences

BEHAVIORAL WORD STUDY CHALLENGE

While learning language skills as a child, you memorized the definitions of thousands of words to understand what words to use to express yourself more clearly. Your existing familiarity with the many words that relate to emotional intelligence may make them seem well within your grasp. Yet further review of this Word Study, along with those in future lessons, should help to deepen your understanding of the emotional dynamics of these words and improve the quality of your thoughts and actions. In-depth study of these psychologically significant words should also reveal what you are doing well— or not doing that is blocking improvements.

Word Studies list a number of important dynamics. A Blank Word Study is also provided for use after extensive review, for testing your understanding. We *challenge* you to spend ample time reviewing this lesson's Word Study for improving your ability to accept more *challenges*.

3A LESSON - VOCABULARY WORDS

Please note that definitions for the words below stress their emotional significance, more so than a standard dictionary. These particular words define the acute conscious considerations that self-monitoring and EQ require us to apply. An *italicized* value statement relevant to each word is included. Consider reflecting on one of these vocabulary words each day over the next week in an effort to familiarize yourself with their emotional significance.

We suggest that you focus on *how* each word relates to your thoughts and actions during the day of reflection, as well as to the lesson content. Taking time to memorize the brief emotionally enhanced definitions will help improve future actions.

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- 1. appreciate- v.** To have high regard and awareness of value, to be fully conscious of meaningfulness; to realize and exercise wise judgment, delicate perception, and keen insight about worthiness. Therefore, some things worth appreciating can be easily distinguished, felt, or expressed; others may be more nebulous, because of subtle complexities of what is worthy to appreciate. *When we consider such healthful regard as appreciation, we enhance the way we treat other people or other things.* Synonyms: to esteem, to prize, to value, to love. Antonyms: to dislike, to neglect, to take value for granted, and to treat with indifference.
- 2. faculty- n.** The way in which we manifest performance; an ability, natural or acquired, to perform a particular kind of action, detailing, or assessment. The powers of the mind; memory, reason, speech, and intellect. An inherent capability of the body; seeing, hearing, smelling, tasting, speaking, touching, feeling. The powers that contribute toward healthy functioning. *The powers that contribute toward healthy functioning. The power of our faculties contributes toward healthy mind development as it distinguishes how well a particular aspect of the mind is working or how well we are developing a specific skill.* Synonyms: skill, capacity, aptitude, knack, potential. Antonyms: ineptness, antipathy, inability.
- 3. humility- n.** A modest opinion of oneself. The quality or condition of being humble; being capable of accepting an accurate assessment of both one's strengths and weaknesses. *Humility allows us to recognize and correct our flaws, and thus, contributes immensely toward our emotional growth.* Synonyms: modesty, reservation. Antonyms: egoism, pride, narcissism.
- 4. initiative- n.** An introductory step or leadership action; a readiness and ability to stimulate an enterprising action or responsible decision. *Initiative contributes toward a more proactive, rather than passive or reactive approach.* Synonyms: leadership, forcefulness, dynamism. Antonyms: lethargic, lazy, indifferent, disinterested.
- 5. intellect- n.** The range of power or faculty of mind by which one thinks and reasons for acquiring knowledge, to know or understand how to apply the mind to build knowledge, especially of a high or complex order; the capacity to reason, reflect and understand the mind and the world. *Our intellect serves as a pathway for acquiring deeper knowledge about our emotions and for strengthening EQ skills.* Synonyms: reason, sense, brains, mindfulness. Antonyms: ignorance, stupidity, mindlessness.
- 6. mindfulness- n.** Powers of intelligent observation, keen perception, ingenious contrivance, or the like; mental acuity, composure, and resourcefulness; to remain alert and observant; to be prepared for or equal to anything, to employ ingenuity and intellect. *Mindfulness contributes toward improving self-awareness and other EQ competencies that require acute consciousness.* Synonyms: wisdom, sanity, wits. Antonyms: illiterate, dimwitted, dull-minded.
- 7. responsible- adj.** Answerable, reliable, or accountable, as for something within one's power, skill, ability to control, or within one's management; having the capacity and concern for healthy and moral decisions; capable of rational thought or action and not easily mesmerized by emotions. *Such a capacity provides initiative that contributes toward healthy efforts, important accomplishments, and lasting relationships.* Synonyms: liable, competent, honest, capable, reliable, trustworthy. Antonyms: irresponsible, careless, aloof, rebellious, reckless, low reign.