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Hello fellow leaders!

Today, we embark on a journey not just of innovation, but of profound understanding and connection. We're here to introduce you to a tool that goes beyond the boundaries of conventional wisdom and dives deep into the realm of Emotional Intelligence.

In a world where success is not only defined by technical skill, but by the ability to navigate the complex landscape of human emotions, we present to you our solution: the Emotional Intelligence Die, or the *EiDie*.

Imagine holding in your hand a catalyst for meaningful self-reflection and conversations, guiding us through the intricacies of human interaction. This die dives into the four pillars of emotional intelligence: **Self awareness**, **Self-Management**, **Social Awareness**, and **Relationship management**. EQ is foundational for creating an evolved, mindful leader. With 20 sides, each representing a unique facet of Emotional Intelligence, this die is not just a tool; it's a game-changer.

Along with the *EiDie*, we have created a Challenge Journal to dive further into each side of the die. Leaders can utilize this guide and challenge themselves to grow into their emotional intelligence. The strategic techniques you'll learn with your *EiDie* have been shown to improve EQ and help leaders to build an integral foundation of mindfulness to support their leadership skills and positive culture within the teams they lead.

Studies (Bradberry & Greaves Emotional Intelligence 2.0) have shown that 90% of high performers have high EQ. Here's where our dice comes into play. It's not just about rolling the dice; it's about rolling towards success, one insightful conversation at a time.

But don't just take our word for it. Check it out for yourself!

With the Emotional Intelligence Die, we're not just pitching a product; we're pitching a paradigm shift. A shift towards a more emotionally intelligent workforce, where every interaction is an opportunity for growth and connection.

So, fellow leaders, join us on this journey towards greater Emotional Intelligence. Let's roll the dice and roll towards success together!

Kind regards,

Karsyn, Maggie, & Heather Rose

Journaling tips

Observe your inner voice throughout the day.
Take a moment to document some of those thoughts.
How can you change negative self-talk into positive?

Journal some of your thoughts today: _____

Are these stories or facts: _____

How can you turn the negative into positive self-talk: _____

Pro tip

Try using phrases such as:

- I am confident
- I can do hard things
- Fear is only a feeling

Journaling tips

Set some time aside to focus on your goals and key activities.
Break these goals down by overall year down to daily.

My overall goals: _____

Attainable goals by daily or weekly commitments: _____

Commitment statement to reaching my goals: _____

Pro tip
Maximize productivity and minimize stress by calendaring your goals. Be sure to add flexible time for the unknown disrupters.

Journaling tips

Create a space that allows you to calm-down or decompress when transitioning between meetings or work to home.

How does this space make you feel?

What helps calm or decompress me? _____

Where would be a good location for this space? _____

How does this space make me feel? _____

Pro tip
 Headspace offers tools on building the perfect 'calm-down' space. Headspace also provides tips on creating a mindful workspace.

Journaling tips

Ask a friend, family member or colleague to talk about something on their mind.

Try to put yourself in their situation and really empathize with them.

Practice your active listening skills and maintaining eye contact throughout the interaction.

What did you observe about this person's feelings? _____

What did you observe about how you would feel if you were in their position? _____

Did you offer advice, comfort or did you fix their problem yourself? _____

Pro tip
When someone is discussing a problem with you, it's important to know if they want you to be a blanket (comfort), a sword (fix), or a telephone (listen).

Journaling tips

Did you see that?

Journal the different facial expressions you encounter with others throughout your day.

Did this set your tone? Did you create a story?

What facial expression changes did you identify? _____

Did any of the identified changes affect you? If so, how? _____

What parts of the observations are stories versus fact: _____

Pro tip

Your face is typically the first thing people see, your facial expression can set the tone for how the other party will engage with you.

Journaling tips

Choose the meditation that fits you!

Set aside 1, 5, 10 or however many minutes you would like to complete this exercise.

Document any feelings or barriers.

What meditation practice did you choose? _____

Any feelings that surfaced: _____

Any barriers to completing the exercise: _____

Pro tip

Meditation can be:

- Sitting in a quiet room
- Going for a walk
- Visualization

Journaling tips

Set the tone for yourself and your team.

Define your vision and values, share those with your team.

Did you find the team to be responsive and open?

What action did you take? _____

Was the team responsive? _____

How did you feel before, during and after? _____

Pro tip
Your team looks to and takes cues from you. Setting a positive tone will create positive culture and collaboration.

Journaling tips

Provide positive feedback to a colleague today!

Document how this interaction made you feel.

Observe how your colleague reacts when receiving the feedback.

What did you observe about your colleague while they were receiving your feedback? _____

What changes did you notice in your colleague afterwards? _____

How did it make you feel to offer positive feedback? _____

Pro tip

Positivity is contagious! Help spread it today by sharing a genuine complement. It can be done through words, email, note or a gesture.

Journaling tips

Try using 'what' and 'how' during your conversations today.

Spend some time after your conversations today to note if you collected more information from using open-ended questions.

List a few of the open ended questions you used today: _____

Document if you found more information than expected by using the above questions: _____

How can you add more open ended questions to your daily interactions? _____

Pro tip

Be mindful of the questions you're asking today. Try to word them using "what" and "how" to give others space to answer freely.

Journaling tips

Take a break with a coworker!

Go to lunch or for a walk and try to get to know him/her/them better.

Focus on active listening and using open-ended questions during your time together.

What activity did you do with the coworker? _____

List something interesting or fun you learned: _____

How did you feel after the meet-up? _____

Pro tip

If you cannot meet in-person, invite a coworker to a Zoom lunch or happy hour.

Journaling tips

Gaze into my eyes...

Practice maintaining eye contact while in natural conversations.

If on video calls, try not to look at other monitors, email, phones etc.

Did you practice eye contact in a conversation or video call? _____

How did you feel during the exercise? _____

What did you notice about the participants and interactions? _____

Pro tip
Eye contact helps you to decode non-verbal cues that can show true feelings and intentions of others.



Assembly Steps

1. Simply cut out your FREE EiDie along the edges.
2. Fold tabs towards the backside of the paper
3. Fold along edges where the colors change.
4. Put a VERY small amount of glue on the front side of one tab.
5. Press the front of the tab onto the back side of the triangle next to it.
6. Repeat steps 4 and 5 until your die is fully assembled.

Cut on grey line

Glue on tabs

