

Table of Contents

elf-awareness	
Lean Into Your Discomfort	
One Thing You Did That Affected Someone Positi	tivelv
Observe How You Are Feeling In This Moment	
Challenge Yourself to Try Something New Today	
Seek Feedback From a Colleague	
elf-management	
Practice a Mindful Moment via Headspace	
Take Control of Your Self-Talk	
Visualize Yourself Succeeding	
Set Your Goals for the Day, Week, Month or Year	
Create or Update Your Calm-Down Space	
ocial Awareness	
Walk a Mile in Someone Else's Shoes	
Observe Others Subtle Facial Expressions	
Observe Offices Subtle Lacial Expressions	
Observe Others Subtle Voice and Tone Changes Meditation	
Observe Others Subtle Voice and Tone Changes Meditation	
Observe Others Subtle Voice and Tone Changes Meditation	
Observe Others Subtle Voice and Tone Changes Meditation Practice Setting the Tone elationship Management	
Observe Others Subtle Voice and Tone Changes Meditation	
Observe Others Subtle Voice and Tone Changes Meditation Practice Setting the Tone Plationship Management Offer Positive Feedback to a Colleague	
Observe Others Subtle Voice and Tone Changes Meditation Practice Setting the Tone Plationship Management Offer Positive Feedback to a Colleague Ask Open Ended Questions	



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



Lean Into Your Discomfort

Date	1	/	

Journaling tips

Think about items or scenarios that bring you discomfort. What stories have you told yourself about these items? Make a plan for how you will lean into these areas of discomfort.

The items that bring me discomfort are:	
The stories I tell myself are:	
My plan of action is:	
	Pro tip
	The more you lean, the more you'll grow! Embrace the process and the



One Thing You Did That Affected Someone Positively

Date	/	/

Journaling tips

Reflecting on the situation, did you use words or actions to create a positive impact? How did those affect the person? How did those affect you? Is this an action you could add to your daily routine/speak?

Positive words or actions I could use?	
What was the impact of those words or actions?	
Trial was the impact of those words of actions.	
How can you build this into your daily routine?	
	Pro tip
	Exercising positive words and actions
	creates a positive environment to foster better relationships and

improved performance.

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Observe How You Are Feeling In This Moment

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Journaling tips

Pause.....

Take a moment and document how you feel at this moment.

Decipher stories from facts.

How am I feeling in this moment?	
What is causing the feeling?	
What about my feeling is a story vs a fact?	
	Pro tip
	Identifying your feelings help you set boundaries for non-healthy situations or engage more in situations that

bring happiness.



Challenge Yourself to Try Something New Today

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Journaling tips

Stuck in rut?

Try something outside your comfort zone or something you always wanted to do. How did it make you feel?

What did you try?	
How did it make you feel?	
Would you do it again?	
	Pro tip
	Release dopamine today! Dopamine drives motivation and opens your mind for learning new things.



Seek Feedback From a Colleague

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Journaling tips

Be proactive and seek feedback from a colleague. Document the feedback you are seeking. Did the colleague provide constructive feedback? Will you put this feedback into action?

What feedback did you seek?			
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Was the feedback constructive?			
What actions will you take to improve based on the feedl	back you received?		
	Pro tip		
	Don't bury your head in the sand. As a leader, learn how you can improve		
	or what needs to change to for you or		

your team's success.

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Practice a Mindful Moment via Headspace

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Journaling tips

Use a tool like Headspace to practice a mindful moment.

Try breathing exercises such as one minute of square breathing or choose something that fits your needs or mood for the day.

Speaking of moods, how are you feeling? (Before and after	er)
How would you rate the everging you tried? Would you re	neet it again?
How would you rate the exercise you tried? Would you re	peat it again?
What can you do to implement this practice more frequent	ly?
	Pro tip
	1 deep breath or round of square breathing is enough to lower your blood pressure and leave you in a

calmer state.

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Take Control of Your Self-Talk

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Fear is only a feeling

Journaling tips

Observer 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 tin
	Pro tip Try using phrases such as: - I am confident
	- I can do hard things



Visualizing Yourself Succeeding

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Vision Board Ideas

Journaling tips

Close your eyes and practice visualizing your success. What does success look like to you? What steps do you need to take to be successful?

What does success look like to you?	
W/h at atom a discourse and to take 0	
What steps do you need to take?	
Are there other resources needed to reach success?	
	Pro tip
	Support your success by using Headspace for: - Visualization Exercises

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Set Your Goals for the Day, Week, Month or Year

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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.

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Create or Update Your Calm-Down Space

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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.

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Walk a Mile in Someone Else's Shoes

Journaling tips

Ask a friend, family member of 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	e in their position?
Did you offer advice, comfort or did you fix their problem yo	ourself?
	Pro tip When company is discussing a problem
	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).

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Observe Others Subtle Facial Expressions

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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.

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Observe Others Subtle Voice and Tone Changes

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Journaling tips

Did you hear that?

Journal the different voice and tone changes you encounter with others throughout your day. Did this set your tone? Did you create a story?

What voice change did you identify?	
	_
Did any of the identified tones affect you? If so, how?	
-	
What parts of the observations are stories versus fact?	
	Pro tip
	Remember that your voice changes
	tone and sets the mood for a person or the room. Are you setting the vibe

you want and expect?

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Meditation

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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

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Practice Setting the Tone

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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?	
Wee the team responsive?	
Was the team responsive?	
	_
How did you feel before, during and after?	
	Dro tin
	Pro tip
	Your team looks to and takes cues from you. Setting a positive tone will create
	positive culture and collaboration.

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Offer Positive Feedback to a Colleague

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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 re	eceiving your feedback?
What changes did you notice in your colleague afterwards?	
How did it make you feel to offer positive feedback?	
	Pro tip
it	Positivity is contagious! Help spread today by sharing a genuine
C	complement. It can be done through vords, email, note or a gesture.

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Ask Open Ended Questions

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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 dai	ly 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.

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Invite a Coworker to Lunch

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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

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Practice Active Listening

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Journaling tips

Spend 1 minute listening to a co-worker, spouse, partner and/or friend without talking. Make note about the person's energy.

Don't forget to give a compliment or comment at the end.

How did you feel during this 1 minute?	
Any energy or cues to note about the person:	
How did the person take the compliment or comment?	
	Pro tip"Listen" to non-verbal cues such as
	facial expressions or hand motions - Don't impose your opinions or

solutions, just listen.

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Maintain Eye Contact

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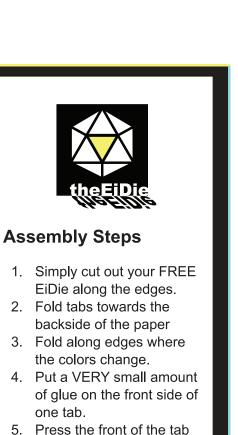
Journaling tips

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 prosting any southert in a second of the second of	-110	
Did you practice eye contact in a conversation or video ca	all?	
How did you feel during the exercise?		
	2	
What did you notice about the participants and interaction	18?	
	Due tie	
	Pro tip	
	Eye contact helps you to decode non-verbal cues that can show true	
	feelings and intentions of others	



onto the back side of the

Cut on / grey line

triangle next to it.

6. Repeat steps 4 and 5 until

your die is fully

assembled.

