WORKSHEET

Know Yourself, Choose Yourself, Give Yourself

Moving emotional intelligence from the head, where it is tidy, to the heart, where it is not.

Lynette and I learned the Six Seconds model early and taught it for years, and the thing we kept running into is that no number of models memorized moves emotional intelligence into the heart. Intellectual understanding is tidy and safe; it sits in the mind, where ideas can be argued and adjusted. Owning it means translating insight into felt experience and repeated action.

A Practice to Begin

Pick one intention — not all three — and one practice inside it, and make it non-negotiable for a week. Know Yourself: name one feeling, three times a day, in plain language. Choose Yourself: one breath before you respond, once a day. Give Yourself: say out loud, once a day, the value your next action is serving. Measure only whether you did it.

Reflection Questions

1. Which of the three is easiest for you, and what does that ease let you avoid?
2. When did you last name a feeling accurately and out loud? What happened next?
3. Where are you currently choosing by default rather than on purpose?
4. What value do you claim that your calendar does not show?
5. Who would notice first if you practiced this for a month?
6. What makes you stop a practice — boredom, shame at missing a day, or a sense that it is too small to matter?

An Invitation for the Week

Tell one person what you are practicing. Not for accountability exactly. Because a practice named out loud to someone else is harder to quietly abandon.

Assessment without felt reflection is like reading your own weather report without stepping outside.

— The Three Intentions Practice of Heart