

Living with Emotional Well-Being

- Marcia Hughes, President, Collaborative Growth

Live for your days on, not your days off! Go beyond the theories of emotional and social intelligence and make it real, powerful and meaningful for you. You know your life is working well when you personally experience a quality of living best described as emotional well being. This state reflects a way of engaging with the world centered on a fully developed sense of yourself, your values, strengths and goals. By working with Life's 2% Solution you will understand the techniques of moving toward being all you can be rather than running away from the demons of the world – real or imagined.

Life's 2% Solution provides a roadmap for you to live a resonant life. Of course, there will always be challenges and celebrations as part of daily living. However, you'll experience a deeper sense of inner peace when you regularly commit 2% of your time to giving a voice to your deep calling by implementing your 2% Project.

The Four Benefits are:

- **Zest appeal.** When you live from the zest of Esprit d'Core, you give your life the fullness and happiness that spontaneously flows from being committed to giving a voice to your inner wisdom.
- **Congruency .** When you align your values with your daily living, there is true internal accountability. Internal accountability creates authentic living that arises out of deep and honest personal reflection. It doesn't have to take a lot of time, but it does have to be honest.
- **Identity.** When your identity is centered on your internal truth, you don't lose your bearings when normal lifecycle losses come your way. By learning to cope when you lose your outer labels, you know who you really are, without a photo ID.
- **Passionate Equilibrium.** When you feel your passion for life renewing your world with balance and grace, you know you're living with passionate equilibrium.

Emotional well being takes the concept of emotional and social well-being which can be measured with questionnaires such as the EQi® , the EQ 360® or the BarOn Leadership Report and brings it to life for you. Dr. BarOn, the author of these measures, has pinpointed self actualization as the apex of all the EQ skills. When you live in emotional well-being you experience a high level of emotional well being. So just which EQ factors should you focus on to develop this life nurturing state? BarOn names eight, which he listed in the order of their importance:

- happiness
- optimism
- self-regard
- independence
- problem-solving
- social responsibility
- assertiveness
- emotional self-awareness



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Connecting People, Purpose & Productivity!

Bar-On, 2001, p. 92. "EI and Self-Actualization." In Emotional Intelligence in Everyday Life , edited by J. Ciarrochi, J. Forgas, and J. Mayer. New York: Psychology Press.

Frequently revisiting these eight critical factors will help you engage your EQ and implement your 2% Solution. Marcia's book, Life's 2% Solution, is designed to be a coach by your side. Her workshops and speaking engagements add value by helping you find your own path to living with emotional well being.

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