

# GOOD NEWS!



## PERSONAL DEVELOPMENT



Hello readers! It's November. The holidays are coming and November is a great time to focus on **GRATITUDE**. We are grateful to bring this newsletter to you. **Did you know that much of our happiness depends on our gratitude regardless of where we are in life?**

In addition, our ability to recognize and understand emotions, and our ability to use this awareness to manage our behavior is called **EMOTIONAL INTELLIGENCE (EI)**.

*EI definition: Drs. Travis Bradberry and Jean Greaves, Emotional Intelligence 2.0*

There are many different kinds of intelligences. Understanding and managing our emotions is linked to far greater satisfaction in life making us more **GRATEFUL**.

So let's take a closer look at **EMOTIONAL INTELLIGENCE**.

### What is EI?



Emotional Intelligence is utilizing your emotions to determine the:

- Right response
- Right time
- Right person



### What is NOT EI?

- Just being nice
- Suppressing emotions
- Giving in to every emotion
- Attempting to be a robot
- Being a doormat

### EMOTIONAL INTELLIGENCE CAN BE DEVELOPED!

- People feel before they think and act
- It's possible to change peoples' responses to feelings
- These changes have a positive impact on people's behavior
- New behavior improves everything you do

**EMOTIONS → THOUGHTS → BEHAVIOR → PERFORMANCE**

Source: NDSU, [talentsmarteq.com/](http://talentsmarteq.com/)

## Powerful Phrases of Emotionally Intelligent People

**“Tell me more and can you say more about that?”** demonstrates a desire to better understand what the other person is saying.

**“What did you mean when you said/did that?”** is a judgment-free way to get understanding.

**“I appreciate you. Looks good. Good Job.”** Giving feedback is one area where emotionally intelligent people shine. Showing gratitude and acceptance is a surefire way to have positive engagement and satisfaction; however, being specific like “I really appreciate you doing that because... is more powerful because it shows the positive impact of others’ actions.

**“What are your thoughts?”** Emotionally intelligent people are inclusive by nature and never stop looking for opportunities to bring the thoughts and views of others into a discussion.

**“I have a different perspective”** is a more emotionally intelligent way to say ‘I don’t agree’. Disagreements become opportunities to start a dialogue and find common ground.

**“Are you OK?”** The wellbeing of other people is uppermost in high emotional intelligent minds, and this is just one way that they show it.

**“I hear you and I understand.”** Empathy is the number-one way to show emotional intelligence. To demonstrate that you hear the other person and that you don’t have any hidden agenda.

**“I’m sorry and I apologize.”** Apologizing in an honest way demonstrates a high level of emotional intelligence as it shows modesty and humility that people greatly appreciate.

Humility is a key behavioral trait of emotionally intelligent people. They have the self-awareness to know when they've said something or acted in a way that upset another person, and are determined to correct it as soon as possible.

*Adapted from: Carla Rudder: [enterpriseproject.com/article/2019/2/emotional-intelligence-8-go-phrases-leaders](http://enterpriseproject.com/article/2019/2/emotional-intelligence-8-go-phrases-leaders). Quotes from Dr. Neeta Bhushan, and Drew Bird, founder at The EQ Development Group*

### Our Personal Development classes and programs will help you with this.

**CLASSES:** Commitment to Change, DEUCE, Parenting; **Teachers:** Ms. Aster, Ms. Barbara, Dr. Dorothy, Ms. Monika, Dr. Roxanne; **Instructional Assistant:** Doña; **PROGRAMS:** AOD: Lacreena, GPS: Janna, MAT: Phillip,

#### Resources:

- Suicide Crisis Hotline: 1(800) 833-2900
- Mental Health Access: 1(888) 678-7277
- Homeless Hotline: 211

#### • Send an inmate request form for:

1. Game Plan for Success (GPS)
2. Medical Assistance Treatment (MAT) - Phillip
3. Alcohol and Other Drugs (AOD) - Lacreena,
4. The Chaplain for Spiritual Help



# KNOW YOURSELF BETTER!



[enterpriseproject.com/article/2019/6/emotional-intelligence-10-must-read-articles](http://enterpriseproject.com/article/2019/6/emotional-intelligence-10-must-read-articles)

## Self-Awareness Strategy

- Don't wait! Notice the ripple effect from your emotions.
- Know who and what pushes your buttons. Stop and ask yourself *why* you do the things you do. Check yourself:
  - What people or situations get the best of me?
  - What do I do too much – what can I tone down?
  - What holds me back?
- Visit your values and goals often.
  - Emotional Intelligence is the strongest predictor of performance.
  - 90% of top performers have high emotional intelligence.

Source: NDSU, [talentsmarteq.com/](http://talentsmarteq.com/)

## DEUCE Is Poem, by anonymous student

A new start, a new beginning  
I've had all I can take of all this sinning  
Hurt myself more than once  
But kept on going with or without any funds  
Been getting high since my oldest was three  
Cannot believe how I've neglected those  
closest to me  
I try and try to build myself up  
But the self-hatred always ends with me in a  
rut . One day I hope to be a dad my kids want  
Instead of being just another court defendant  
My kids are really my heart and my soul

This is the reason completing DEUCE is a goal  
To see them again and hold them tight  
Of the new healthy goals, I wouldn't lose sight  
This is where DEUCE comes into play  
Giving structure and meaning to each and  
every day. Aligning, assigning and constructing  
with meaning. Each day I commit to no more  
lying, cheating or stealing  
With DEUCE as my compass, I am on a new road  
It will no longer matter, I am no fixed abode  
As long as I listen, read and apply  
I'll be a clean heathy dad, until the day that I die

### Newsletter Participation Wanted!

You matter! We want YOU to share your thoughts too. If interested, submit a short self-improvement related poem, success story, drawing, etc.

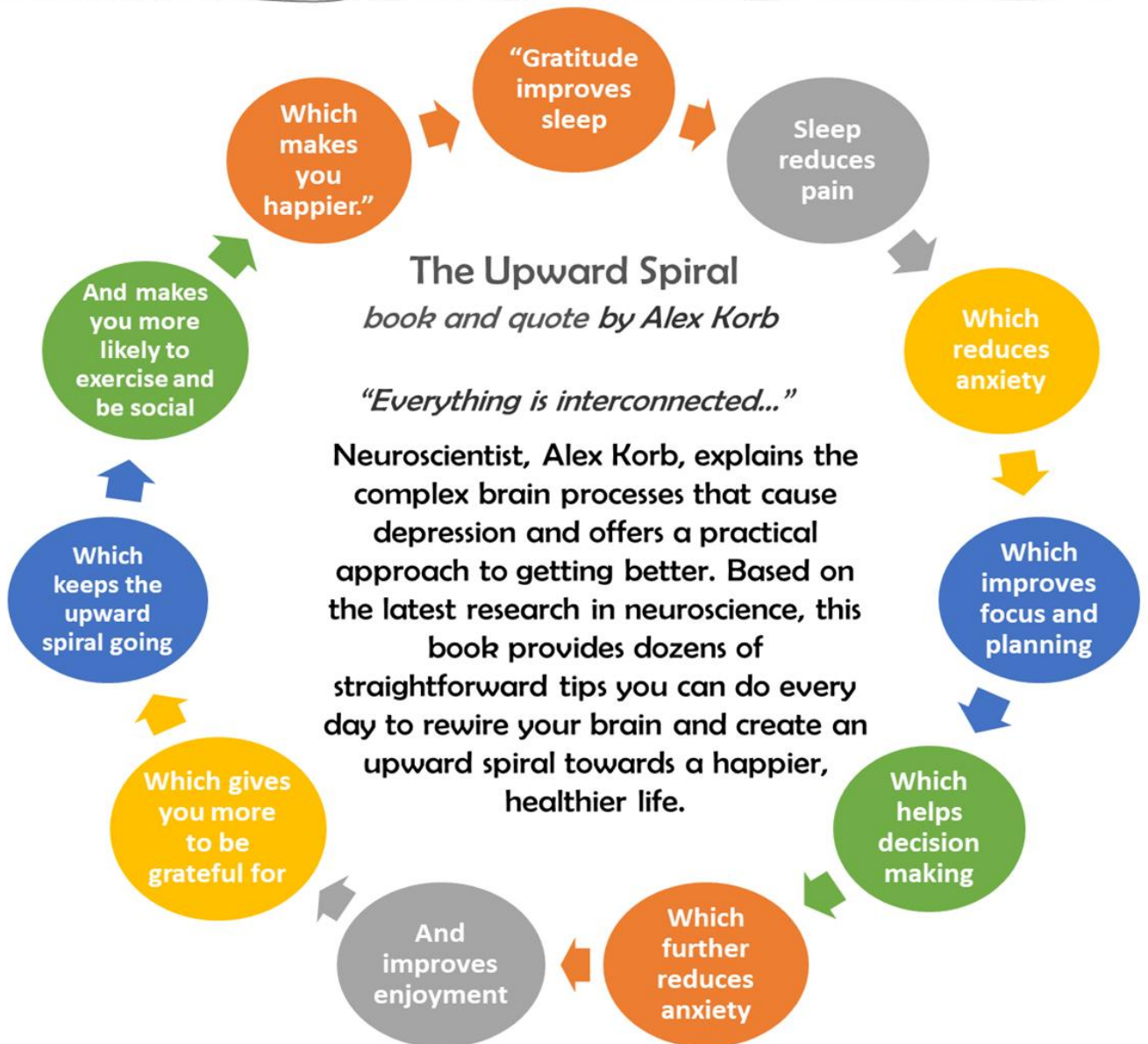
Send it to Schools – Personal Development Newsletter

*(It must be appropriate for school. Printing depends on available newsletter space.)*

## Thoughts on **Gratitude** vs **Gratefulness**

I have a distinctly different feeling when I think of being **grateful** versus **gratitude**. For me, **Gratefulness** is a feeling I get when something good happens. On the other hand, **Gratitude** is something that is a part of my faith. **Gratitude** is present regardless of and irrelevant of any promise of an outcome. My **gratitude** isn't dependent on a result, it is simply a part of my daily consciousness. When I wake up in the morning, I have tremendous **gratitude** that I get another day, even before anything has happened. For me, being **grateful** is followed by a "thank you" while **gratitude** is a constant state of being. **Gratitude** and **gratefulness** are reflections of each other that create ripples of happiness when embraced.

How do you describe **Gratitude**? *Excerpt taken from Ms. Val officialmissval.com/*



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