

402: Optimize Emotional Intelligence

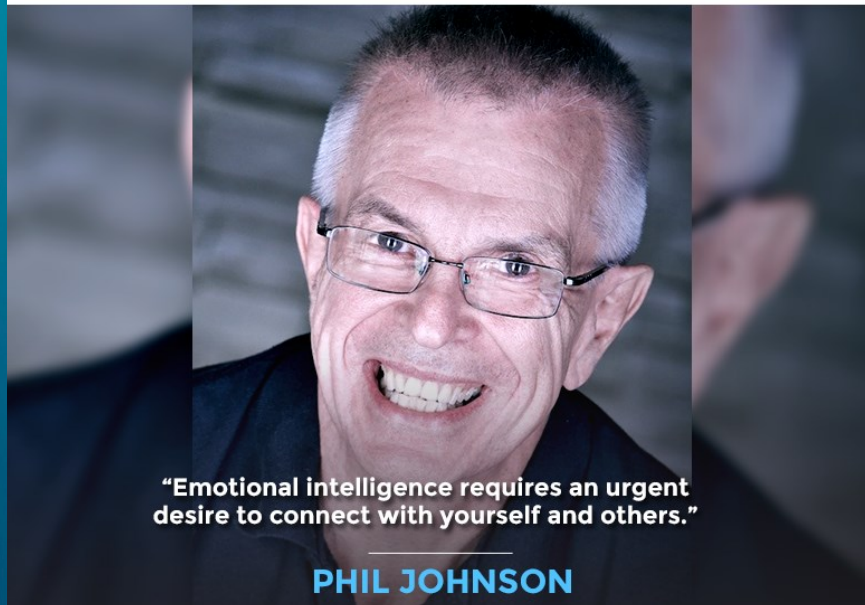
10 Point Checklist

Phil Johnson

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Emotional intelligence requires an urgent desire to connect with yourself and others.”

PHIL JOHNSON

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Cultivate my emotional intelligence to unlock the amazing gateway to my spiritual intelligence.
- Practice authentic listening without judgment or defensiveness. This helps me to understand the words and emotions of other people.
- Confidently grow and improve by embracing challenges and viewing setbacks as opportunities.
- Develop compassion and empathy for others. See things from different perspectives to deepen my emotional understanding.
- Find the courage to pursue my goals and dreams. This helps me connect with my inner strength.
- Elevate positive energy and tap into my greatest gifts. This creates my power to achieve successful results.
- Create self-reflection through journaling, meditation, or mindfulness to enhance personal growth.
- Focus on the present to create meaningful life changes. Remember that the present is the only time I can take action.
- Embrace my uniqueness and identify my distinctive value. This allows me to make a positive global impact: No one can do a better job of being me than me.
- Join Phil Johnson's Master of Business Leadership Program, or connect with him through [Zoom](#). Follow him on [LinkedIn](#) for daily emotional intelligence newsletters.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/optimize-emotional-intelligence-with-phil-johnson/>