

## Good EQ

**Congratulations! You have high emotional intelligence.** This is good news! EQ counts for twice as much as IQ and technical skills combined in determining who will be a star performer. Your level of EQ likely has been and will be a driver of your high performance under pressure for years to come.

Areas to work on: While you are doing well, don't forget to take time out of your busy day-to-day activities to stop and reflect on what brings you the greatest meaning in your life. If we fail to do this on a regular basis, we risk becoming tranquilized by the trivial; sedated by the small details. Yes, deadlines need to be met and goals achieved. But if we are working toward goals that are not in alignment with our key values and greater purpose, we face becoming frustrated and cynical when we face pressure – losing sight of the reason we are doing 'all of this' in the first place!

As William James said: "I have no doubt whatsoever that most people live, whether physically, intellectually, or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness... much like a man who, out of his whole body organism, should get into the habit of using and moving only his little finger... We all have reservoirs of life to draw upon, of which we do not dream."

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