

How do YOU spell success?

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IRENE'S 7 UNIVERSAL LAWS OF PERSONAL AND PROFESSIONAL SUCCESS



1. **START AGAIN NOW-KICK START YOUR SPIRIT**
2. **UNLEASH YOUR PERSONAL POWER**
3. **CULTIVATE CREATIVITY**
4. **CREATE ABUNDANCE AND JOY**
5. **EMBRACE OBSTACLES**
6. **SIMPLY WELCOME CHANGE**

7. SYSTEMATIZE YOUR ROADMAP TO SUCCESS

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Emotional Intelligence-EQ at Work Self Test

QUICK Test Your Emotional Intelligence/EQ-EI At Work



Yes/No

- _____1. Do you understand both your strengths and your weaknesses?
- _____2. Can you be depended on to take care of every detail?
- _____3. Are you comfortable with change and open to novel ideas?
- _____4. Are you motivated by the satisfaction of meeting your own standards of excellence?

- ____5. Do you stay optimistic when things go wrong?
- ____6. Can you see things from another person's point of view and sense what matters most to him or her?
- ____7. Do you let clients' needs determine how you serve them?
- ____8. Do you enjoy helping colleagues develop their skills?
- ____9. Can you read office politics accurately?
- ____10. Are you able to find "win-win" solutions in negotiations and conflicts?
- ____11. Are you the kind of person other people want on a team?
- ____12. Are you usually persuasive?

If you answered "yes" to six or more of these questions and if people who know you well would agree with you, then you have a high degree of emotional intelligence.

Source. Working With Emotional Intelligence, Bantam Books, New York, 1998.

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Self Awareness Coach Quiz

SELF AWARENESS-SELF COACH QUIZ.

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Please feel free to print out this quiz, it is designed to focus on self awareness and also on areas where personal coaching could be of benefit to your life and work.

1. Are you committed to making positive changes in your life. Can you let go of beliefs or behaviors that interfere with your happiness and growth? yes no
2. Do you spend your day putting out fires? yes no
3. Do you want to find and live your life purpose? yes no
4. Does your business/career run you? yes no
5. Do you want to use the changes you face personally and professionally to create new opportunities for abundance and growth? yes no
6. Do you want to live a life that nourishes your mind, body and soul? yes no
7. Do you want to focus on your vision, personal/professional goals and take action to achieve them? yes no
8. Do you want to address and let go of the fears that are holding you back from the life/work you dream of? yes no

9. Do you need help in staying focused on creating your personal and professional legacy? yes no
10. Do you want to explore your true calling and potential? yes no
11. Do you need a plan to fulfill your vision? yes no
12. Do the demands on your time seem overwhelming? yes no
13. Do you wake up each day and love what you do? yes no
14. Do you spend most of your day working “in” your business/career instead of “on” it? yes no
15. Are you open to new actions, approaches or outlooks that can help you achieve your goals? yes no
16. Do you want more joy from your life and business? yes no
17. Do you want to take yourself and your business to the next level of achievement and fulfillment? yes no
18. Do you feel that you need to address your communication skills or style in order to improve your business and personal relationships? yes no
19. Do you need a clearer financial plan for your future? yes no
20. Do you want to move your career or life in a new direction? yes no

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