

# *Emotional Intelligence*



COURSE

WORKBOOK 1

# FEELING 'GOOD ENOUGH'

## Exercise 1

What are your hidden desires? List at least three desires that you have put aside because life happened. Now it's the time to acknowledge what you've been missing all this time.

It will help you to feel satisfied and 'good enough', making everybody around you sigh with relief. You are capable and absolutely must take care of your own needs, if you are ready to be happy and fulfilled.

1

2

3

## Exercise 2

Let's get creative and think how can you become a fulfilled person.

The key is not to expect others to guess and then satisfy your needs. It is not their responsibility. It is all on you. So, please, list exactly how you will attend to your own needs. There's many ways to do it. After you accepted responsibility for your own fulfillment the only thing you need to do, is to open up to possibilities, and begin to actually do it.

Describe here how you are going to fulfill your needs. Be creative in you answers. There's always more than one way to do it.

For example, if one of your suppressed desires is to receive lots of unconditional love, you can begin feeding that need by

1 treating yourself to something you like, just like that, for no good reason.

Commit to doing it weekly or daily:

2 allowing yourself to receive a gift/a compliment/an invitation without giving anything back:

3 spending time with yourself, even if it is just doing nothing, every day.

Give yourself attention like you are your partner, or lover, or your child, someone you are in love with or love unconditionally.

If your desire is to be understood, you can journal about yourself, your feelings, imagine yourself to be a stranger you want to understand, spend time with yourself to get deep and honest. Commit to non-judgmental approach, because only this way you can get yourself to open up. The key is not ask anybody else understand you, before you do.

If your hidden desire is to win, be the best, you can begin by acknowledging all the wins you already have, write list of 110 things you achieved small or big, start you day by setting a goal and achieving it, complete your outstanding projects, have no excuses approach to finishing EVERYTHING you start.

Now it's your turn!

Desire one

1

2

3

4

Desire two

1

2

3

4

Desire three

1

2

3

4

Well done. I am so proud of you taking the steps and beginning the inner work so you can be fulfilled and happy, feeling 'good enough' and successful.