



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

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Episode 146

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 78)



"Working Hard at Working Smart" (part XCVIII)

Spiritual Values: Understanding Emotional Intelligence (EQ)



Man is lost and is wandering in a jungle where real values have no meaning. Real values can have meaning to man only when he steps on to the spiritual path, a path where negative emotions have no use.

Sathya Sai Baba. Indian Guru and Philanthropist.
Path, Spiritual, Lost

The future we want: The Promise: The Force Beyond

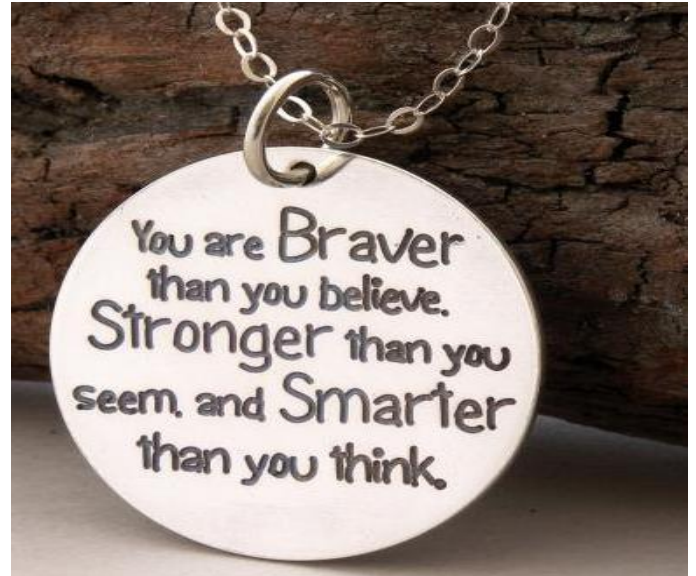
Emotionally Intelligence (EQ)

Source: HelpGuide.Org

Many of us find it difficult to connect in the modern world, both with ourselves and others. An important factor is our ability to successfully connect is Emotional Intelligence, when it comes to happiness and success in our relationships, career and personal goals, Emotional Intelligence (EQ) matters just as much as the more well known, intellectual ability (IQ). We need emotional intelligence to turn intention into action, in order to make firm decisions about the things that matter most to us, and to connect to others in productive and nurturing ways.

Here are some things emotionally strong people don't do:

1. **They don't let negativity and drama get the best of them.** – Your brain is a radio transmitter. It broadcasts thoughts, directions and vibrations into your life – you get to choose the station it's tuned to. Emotionally strong people understand this and tune out negativity to make room for positivity. Be wise enough to follow in their footsteps. Walk away from the nonsense around you. Focus on the positives, and soon the negatives will be harder to see.
2. **They don't waste time feeling sorry for themselves.** – Emotionally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life, work on changing what can be changed, and keep in mind that life isn't always easy or fair. In the end, happiness is not the absence of problems, but simply the ability to deal well with them. So look at what you have, instead of what you have lost. Because it's not what the world takes away from you that counts; it's what you do with what you have left.
3. **They don't think they need more to be happy.** – Emotionally strong people know that happiness is a mindset of appreciation. In other words, happiness doesn't start when "this, that or the other thing" is resolved. Happiness is what happens now when you appreciate what you have.
4. **They don't compare their journey to everyone else's.** – Social comparison is the thief of happiness. Do YOUR best and don't compare your progress with that of others. They aren't YOU. We all need our own time to travel our own distance. Emotionally strong people know this is the truth, and they live by it.
5. **They don't envy and resent other people's success.** – Emotionally strong people can genuinely appreciate and celebrate other people's success. They don't grow envious or feel cheated when others achieve something they are trying to achieve. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success. True confidence has no room for envy and resentment. When you know you are great, you have no reason to hate.
6. **They don't expect everything to be easy.** – Emotionally strong people don't view failures and delays as reasons to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right. Whether they are working on improving their health or getting a new business off the ground, emotionally strong people don't expect immediate results. Instead, they apply their efforts and skills to the best of their ability and understand that real change takes time.



7. **They don't say, "I can't."** – As Henry Ford put it, "Whether you think you can or you think you can't, you are right." Emotionally strong people know this is true. If you really want to do something, you can and you will find a way. If you don't, you will surely find a long list of excuses. So stop saying "I wish" and start saying "I will." Turn your "can'ts" into "cans" and your dreams into plans.
8. **They don't let fleeting temptations distract them from their dreams.** – Don't let the temptations of today distract you from what you deserve. Stay emotionally strong. Do what you have to do now so you can do what you want to do later.
9. **They don't get impatient and settle.** – Good things don't come to those who wait. Good things come to those who are patient... while working hard for what they want most in life. If you know what you want, if you can see it, feel it and move toward it in some small way every single day... it has to happen. Be patient and keep working. That's what emotionally strong people do.
10. **They don't make the same exact mistakes over and over again.** – You can't make the same mistake twice. Because the second time you make it, it's no longer a mistake, it's a choice. Emotionally strong people accept responsibility for their behaviour and learn from their past mistakes. As a result, they don't keep repeating the same mistakes over and over. Instead, they grow and move on to better decisions and new lessons.
11. **They don't resist change.** – Emotionally strong people don't try to avoid change. Instead, they welcome positive change into their life and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt. Change happens for a reason. Roll with it! It won't be easy, but it will be worth it.
12. **They don't waste time and energy on things they can't control.** – You won't hear an emotionally strong person complaining over traffic jams and rainy days. Instead, they focus on what they can control in their lives. And above all, they recognize that sometimes the only thing they can control is their attitude. After all, inner peace begins the moment you choose not to allow an uncontrollable event or person to control your emotions.
13. **They don't hang on every word other people say about them.** – Emotionally strong people listen to their own heart and intuition, not the **peanut gallery**. So try not to take things other people say

about you too personally. What they think and say is a reflection of them, not you. Ultimately, you can't change how people treat you or what they say about you. All you can do is change how you react and who you choose to be around.

14. **They don't think everyone is out to get them.** – Emotionally strong people choose to see the good in others. Because the truth is, the world is full of good people. Whoever says otherwise hasn't looked around. So look around. Appreciate them. Connect and smile together. When you choose to see the good in others, you end up finding the good in yourself.
15. **They don't worry about pleasing everyone.** – Emotionally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be compassionate and fair, but can handle other people being disappointed if they didn't perfectly live up to their unfair expectations. The bottom line is, pleasing everyone is impossible. May the bridges you burn light your way.
16. **They don't think it's too late to start over.** – Let go of the idea that it's too late to start over. Remember, it's always better to be at the bottom of the ladder you want to climb than the top of the one you don't... even if it means beginning anew. Just because some things didn't work out as you had expected, or didn't happen as fast as you thought they would, is no excuse to give up on yourself. Time passes one way or the other. Do what you need to do so that, at the very least, you can look back someday and say, "I gave life my best shot."

And remember, it only takes one idea, one second in time, one relationship, one dream, one leap of faith, to change everything, forever. So hang in there. Keep exercising your emotional strength.

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