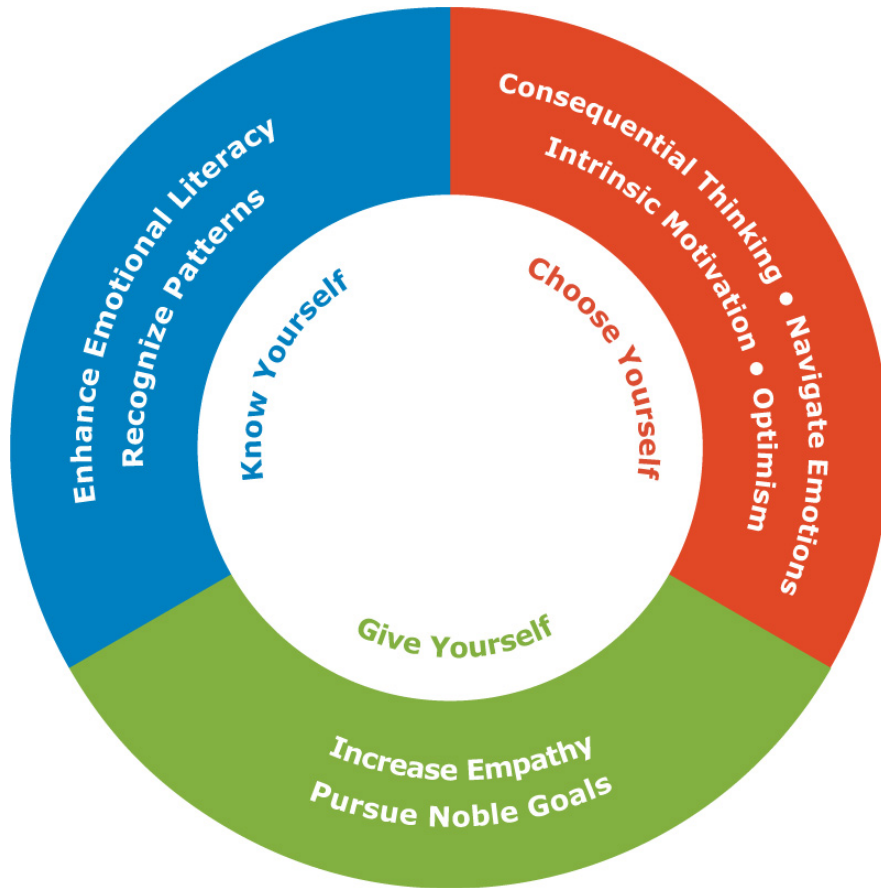


# The Six Seconds EQ Model



Pursuit	Competency	Definition
<b>Know Yourself</b>	<b>Enhance Emotional Literacy</b>	Accurately identifying and interpreting both simple and compound feelings.
	<b>Recognize Patterns</b>	Acknowledging frequently recurring reactions and behaviors.
<b>Choose Yourself</b>	<b>Apply Consequential Thinking</b>	Evaluating the costs and benefits of your choices
	<b>Navigate Emotions</b>	Assessing, harnessing, and transforming emotions as a strategic resource.
	<b>Engage Intrinsic Motivation</b>	Gaining energy from personal values & commitments vs. being driven by external forces.
	<b>Exercise Optimism</b>	Taking a proactive perspective of hope and possibility.
<b>Give Yourself</b>	<b>Increase Empathy</b>	Recognizing and appropriately responding to others' emotions.
	<b>Pursue Noble Goals</b>	Connecting your daily choices with your overarching sense of purpose.

