

TAKE THIS LESSON QUIZ

2A Lesson — Journals Improve Self-Awareness

To save you time defining what needs absorbed from each lesson, we have highlighted in this quiz section what is important to study, drill, practice and memorize. This directed kind of study and testing activity is designed to help quicken your ability to learn important knowledge from each lesson. By taking the time required to perform these activities, you will gain far greater in-depth understanding of each lesson's content than otherwise possible. Such understanding will improve your self-awareness, your ability to converse about emotional intelligence, as well as improve your EQ.

Take time to note, study, and memorize what this lesson has revealed to you about the following. Consider and practice ways you could share this knowledge with others in future casual conversation.

- Name a few reasons why it is important to understand our minds better.
- Define emotional intelligence.
- Describe one of the best ways to begin improving emotional intelligence.
- Explain how the emotional intelligence concept began and has grown since introduced.
- Describe what self-awareness means.

QUIZ INSTRUCTIONS: Please note that in each lesson, quiz questions are presented in two different formats. The first *study* format has answers placed in grey-type just below each question for easy reference. The second *actual quiz* has the answers listed numerically on a separate page. Review the study formatted quiz as much as necessary to absorb the answers to each question well. Once you feel confident that you know the answers, take the actual quiz (second format). For quick access to answers on actual quiz, check those listed on the separate page.

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LESSON QUIZ (Study Format)

1. With proper training, our efforts to understand our _____ better can contribute significantly toward _____ our emotional well-being as well as our relationship with the outside world.

minds / improving

2. The emotional intelligence movement began in the year 19__ with the introduction of the groundbreaking book titled *Emotional Intelligence: Why It Can Matter More Than IQ* written by _____.

95 / Daniel Goleman

3. The book “Emotional Intelligence: Why It Can Matter More Than IQ” highlights the research of two psychologists, _____ of Yale University and _____ of the University of New Hampshire.

Peter Salovey / John Mayer

4. In their research into the emotional dynamics of the mind, these two psychologists confirmed that emotional *growth* occurs through our _____.

intellect

5. Emotional intelligence distinguished the importance of 1. _____
2. _____ and 3. _____ emotions.

identifying / understanding / managing

6. Name the five main domains of emotional intelligence:

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

- A. Self-awareness of one’s emotions
- B. Managing emotions
- C. Motivating oneself
- D. Recognizing emotions in others
- E. Handling relationships

7. Self-awareness has been distinguished as the _____ upon which further emotional intelligence can most easily be built.

foundation

8. Learning to objectively pay close attention to how well our minds are operating is about _____ the *quality* of our thoughts, communications, and behavior.

monitoring

9. Learning how we really are, as individuals, is about improving our _____.

self-awareness

10. Learning to observe our emotions in actions and recognize how effectively we are managing them is important to our _____.

well-being

11. The most distinguishing characteristics we have to our existence are our _____ and _____.

qualities / ineptitudes

12. Our efforts to become more _____ - _____ helps us define what we need to know about ourselves to improve our lives, emotionally.

self-aware

13. By learning what to specifically _____ to improve our self-awareness and how to accumulate _____, it can provide us with a more empowering sense of rationale and direction than we can otherwise imagine.

look for / related data

14. A healthfully *directed* kind of self-observation can have a profound influence on how well we deal with our _____ as well as how meaningfully we affect other _____ and things around us.

emotions / people

15. Although, self-monitoring is rarely considered, _____, such a process is required in just about every profession imaginable in one form or another.

personally

16. A big part of the process involved in revealing an important overall EQ picture could be compared to _____ necessary to quantify a business's _____ picture.

bookkeeping / financial

17. Documenting our lives through _____ is well understood as a valuable exercise. It helps us to connect with and record the important content of our daily lives we might otherwise _____ or not even _____.

journaling / forget / consider

18. The eight questions listed in this lesson are examples of a more focused approach to journaling than traditional free-style. They prompt us to examine particular

1. _____ 2. _____ 3. _____
that we otherwise might not reflect upon.

experiences / feelings / behavior

19. One of the few problems with becoming more self-aware is that _____
we learn about ourselves can be rather _____.

weaknesses / disheartening

20. When we combine both daily journaling _____ with acute
_____, it is possible to understand our minds better within a few
months than a much longer period of time, maybe even the span of a lifetime.

questions / observation

21. In the space below, name three of the “Twelve Healthy Reasons to Monitor Ourselves”
that are listed as part of this lesson:

A. _____

B. _____

C. _____

(See list at end of lesson for answers to question # 21.)

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ACTUAL QUIZ

1. With proper training, our efforts to understand our _____ better can contribute significantly toward _____ our emotional well-being, as well as our relationship with the outside world.
2. The emotional intelligence movement began in the year 19__ with the introduction of the groundbreaking book titled *Emotional Intelligence: Why It Can Matter More Than IQ* written by _____.
3. The book “Emotional Intelligence: Why It Can Matter More Than IQ” highlights the research of two psychologists, _____ of Yale University and _____ of the University of New Hampshire.
4. In their research into the emotional dynamics of the mind, these two psychologists confirmed that emotional *growth* occurs through our _____.
5. Emotional intelligence distinguished the importance of 1. _____
2. _____ and 3. _____ emotions.
6. Name the five main domains of emotional intelligence:
 - A. _____
 - B. _____
 - C. _____
 - D. _____
 - E. _____
7. Self-awareness has been distinguished as the _____ upon which further emotional intelligence can most easily be built.
8. Learning to objectively pay close attention to how well our minds are operating is about _____ the *quality* of our thoughts, communications, and behavior.
9. Learning how we really are, as individuals, is about improving our _____.
10. Learning to observe our emotions in actions and recognize how effectively we are managing them is important to our _____.
11. The most distinguishing characteristics we have to our existence are our _____ and _____.
12. Our efforts to become more _____ helps us define what we need to know about ourselves to improve our lives, emotionally.
13. By learning what to specifically _____ to improve our self-awareness and how to accumulate _____, it can provide us with a more empowering sense of rationale and direction than we can otherwise imagine.

14. A healthfully *directed* kind of self-observation can have a profound influence on how well we deal with our _____ as well as how meaningfully we affect other _____ and things around us.
15. Although, self-monitoring is rarely considered _____, such a process is required in just about every profession imaginable in one form or another.
16. A big part of the process involved in revealing an important overall EQ picture could be compared to _____ necessary to quantify a business' s _____ picture.
17. Documenting our lives through _____ is well understood as a valuable exercise. It helps us to connect with and record the important content of our daily lives we might otherwise _____ or not even _____.
18. The eight questions listed in this lesson are examples of a more focused approach to journaling than traditional free-style. They prompt us to examine particular
 1. _____ 2. _____ 3. _____
 that we otherwise might not reflect upon.
19. One of the few problems with becoming more self-aware is that certain _____ we learn of ourselves can be _____.
20. When we combine both daily journaling _____ with acute _____ it is possible to understand our minds better within a few months than a much longer period of time, maybe even the span of a lifetime.
21. In the space below, name three of the "Twelve Reasons to Monitor Ourselves" that are listed as part of this lesson:
- A. _____
- B. _____
- C. _____

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ACTUAL QUIZ ANSWERS

1. minds / improving
2. 95 / Daniel Goleman
3. Peter Salovey/John Mayer
4. intellect
5. identifying / understanding / managing
6. A. Self-awareness of one's emotions
B. Managing emotions
C. Motivating oneself
D. Recognizing emotions in others
E. Handling relationships
7. foundation
8. monitoring
9. self-awareness
10. well-being
11. qualities / ineptitudes
12. self-aware
13. look for / related data
14. emotions / people
15. personally
16. bookkeeping / financial
17. journaling / forget / consider
18. experiences / feelings / behavior
19. weaknesses / disheartening
20. questions / observation
21. (See list at end of lesson)