

# Self Mastery

## Emotional Intelligence

### Overview

Successful people are emotionally intelligent. **Self Mastery** teaches you the principles of emotional intelligence and gives you the opportunity to live them. It allows you to become a person who conquers life rather than being a victim of life; a person who is responsible for life rather than reactive to its situations.

### Program Objectives

- Understand four paradigms from which you live your life
- Commit to live your life from the paradigm of personal integrity
- Learn how to conquer life's challenging moments
- Give up resentments, complaints, and blame as you align to reality
- Recognize choices in your life and take responsibility for your experience
- Clarify and live from your personal vision
- Define your purpose and guiding principles
- Implement your vision and act with personal integrity
- Value and respect yourself at a deep level

### Structure and format:

- Eight modules
- Each module 2 – 3 hours in length
- Delivered at least one week apart (recommended)
- Large or small group format
- Numerous individual and group exercises

### Module 1: The Integrity Model

- The process of self-mastery
- The flaw inherent in the common symbols of success
- A new definition of success based upon your personal paradigm
- The power of your personal paradigm
- Four different paradigms from which people live
- The core beliefs of each paradigm

### Module 2: Conquer Your Key Moments

- How you respond to challenging or upsetting events (key moments)
- To explore and understand the patterns in your responses to key moments
- A process for exploring the consequences of your behavior
- To choose positive behaviors and feelings during your key moments
- To identify and challenge the distortions in your interpretations
- A method for changing weakening beliefs to empowering beliefs

### Module 3: Embrace Reality

- Understand the nature of reality
- Learn the importance of aligning your life to reality
- Accept some of the "difficult" realities of your life
- Explore and "let go" of resentments, complaints, and blame
- Learn to live in the "here and now"

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#### **Module 4: Exercise Responsibility**

- Learn the meaning and nature of personal responsibility
- Understand how you avoid taking responsibility for yourself
- Assess your willingness to accept personal responsibility
- See the choices available in your life
- Understand the power and freedom that comes from accepting responsibility

#### **Module 5: Clarify Your Vision**

- Understand the meaning and power of vision
- Clarify your personal vision
- Evaluate the thoughts that keep you from living your vision
- Set goals to achieve your vision

#### **Module 6: Define Your Purpose**

- Understand the difference between three kinds of vision
- Write your personal purpose statement
- Clarify your guiding principles
- Develop affirmations to support you in living your purpose and guiding principles
- Use the technique of visualization to make your vision a reality

#### **Module 7: Act with Integrity**

- Understand the meaning of personal integrity
- Recognize when you are acting from personal integrity
- Know the symptoms and consequences of self-betrayal
- Learn to let what “matters most” govern what “matters least”
- Deepen your commitment to what is most important
- Learn to make your behavior more congruent with what is most important to you

#### **Module 8: Value Who You Are**

- Understand the meaning and importance of self-esteem
- Become the primary source of your self-esteem
- Accept your imperfections
- Learn to make time for self-renewal
- Acknowledge and build upon your strengths
- Maintain an attitude of gratitude