

# SEQ DEVELOPMENT REPORT

Spiritual Emotional Insight for Your Life Journey

For: SEQ Development Report Sample

Date: April 7th, 2023



# Forward to Your Spiritual Emotional Intelligence Development Report

*A message from Jim Vaive, Founder, Spirit of EQ:*

The report you are holding is meant to be “fluid.”  
Meaning? To use with possibility and exploration.

Use the quotes on each page to think outside of your construct.  
Use the definition on each page to refute and grow your understanding.  
Use the space to doodle, to draw pictures, to write point by point thoughts, to be in a liminal space that serves you well.

The word spiritual has many meanings for many people and may very well mean something to you that is different than someone sitting next to you.  
The spiritual journey is not meant to end until the end.

How will you use your time? Both with this report and your life?

Think of your life as a journey, and SEQ as what you may choose to put in your backpack.  
Ready to embark on this journey?

*Wishing you light and love on the journey!*

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# Why SEQ?

*Emotional Intelligence is defined as the capacity to blend thinking and feeling to make optimal decisions.*

*(Six Seconds)*

When emotional intelligence becomes “one” with spiritual intelligence, a clarifying or more precise perception of life occurs via our thoughts and emotions, resulting in “alignment.” Spiritual Emotional Intelligence captures this additional dimension and reflects dynamic, learnable skills that individuals can use to exercise, strengthen and create a holistic and meaningful life.



## What is SEQ?

Spiritual Emotional Intelligence (SEQ) is defined as the capacity to utilize emotional and spiritual insight to create a full and meaningful life. Creating a life journey of purpose and meaning is the result of aligning ourselves across the three domains of Awareness, Belonging, and Insight.

## How does SEQ work?

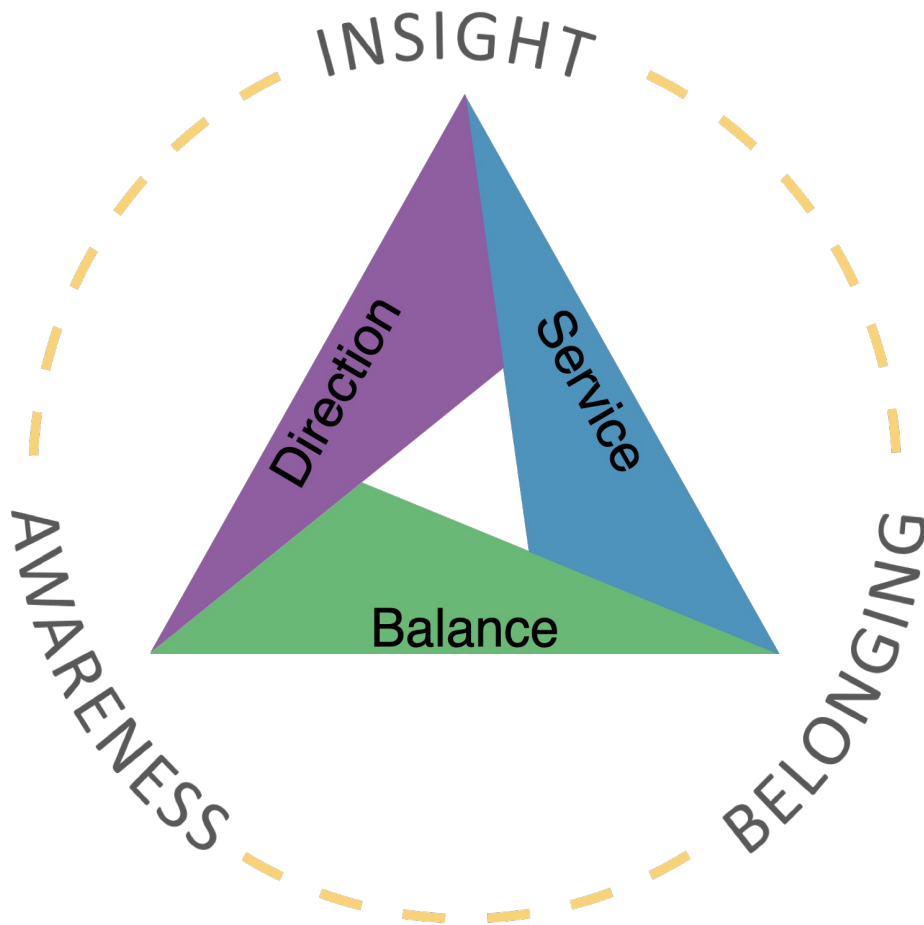
Focusing on the drivers of Direction, Service, and Balance support connectedness in the domains of Awareness, Belonging, and Insight. The good news is that the skills of SEQ are dynamic and learnable!



# Executive Summary of your results

## What's currently in your SEQ backpack?

Your Spiritual Emotional Intelligence shows inconsistent alignment in your connection with yourself, with your community or close relationships, and the larger world. It may be beneficial to bring these three domains of your life into greater alignment more often and more consistently. You can do this by exercising the drivers of Balance, Direction, and Service. As you look at your results, pay particular attention to how each of these drivers compare with the others and how your three strongest tiles can contribute to the goals that you identify for further developing your spiritual emotional intelligence.



## What would you like to bring on the next part of your journey?

There are various options to help support you in this journey, some of which will be at the end of this report. As is true of emotional intelligence, your SEQ scores represent learnable skills and may change with continued attention and growth.

As you reflect on the results of your report, is there anything you'd like to add to your SEQ backpack to help you on this journey? Is there anything you want to enhance or sustain to help you on your journey?

You may notice if you've taken this assessment previously, that your scores will change based upon what is happening in your life at the time you complete the SEQ questionnaire.

# What are the Domains and what do they signify?

The Domains in the SEQ model are the outcomes of Spiritual Emotional Intelligence--your level of connection with yourself, familiar others, and the larger world. These are the expression of your Spiritual Emotional Intelligence in the various areas of your life.

**Awareness:** The ability to connect with yourself and your effect in the world without judgment or bias. Key concepts in the domain of Awareness are self-efficacy, principles, and self-care.

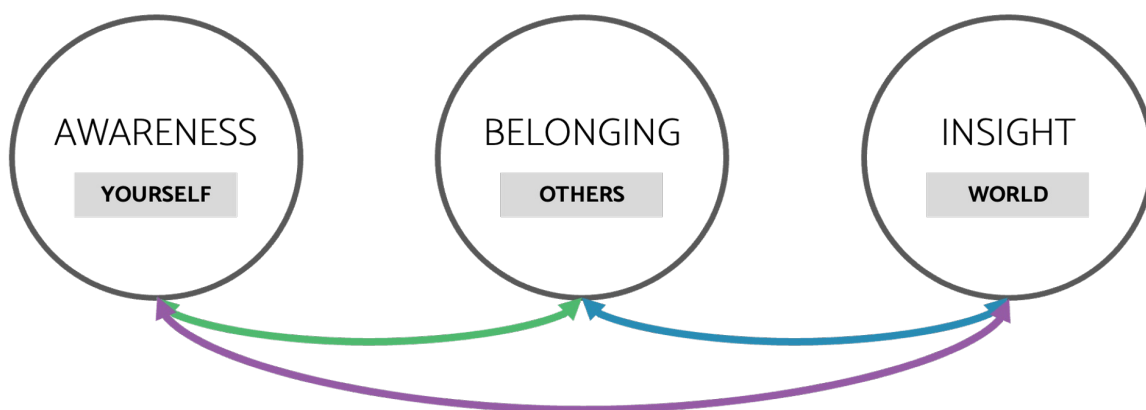
**Belonging:** The ability to connect with others in a way that creates beneficial community for all involved. Key concepts in the domain of Belonging are relationships, authenticity, and vulnerability.

**Insight:** The ability to understand that beyond what can be seen or felt is something greater than ourselves that connects us to the larger world. Key concepts in the domain of Insight are compassion, non-duality, and union.



## The Circles of Connection

Spiritual Emotional Intelligence is about connection and alignment across all areas of your life. Connection happens inwardly and outwardly--and alignment between the internal and external is key to living a holistic and meaningful life. The Circles of Connection describe each of the three types of connection that support your alignment.



The 3 drivers support the 3 circles of connection. However each driver (Direction, Balance, Service) most directly impact 2 circles of connection, and those relationships are illustrated by the colored lines shown here.

# Awareness

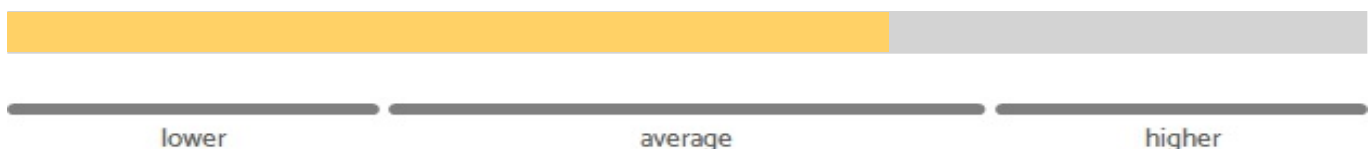
Definition: The ability to connect with yourself and your effect in the world without judgment or bias. Key concepts in the domain of Awareness are self-efficacy, principles, and self-care.

Your current level of Awareness shows a deep understanding and connection with yourself. Awareness helps you live in deep connection with yourself, so that your inner and outer lives are aligned. Body, mind and spirit are all congruent and at peace. Your ability to have an inner vision of what may be unseen is a key part of awareness.



## AWARENESS

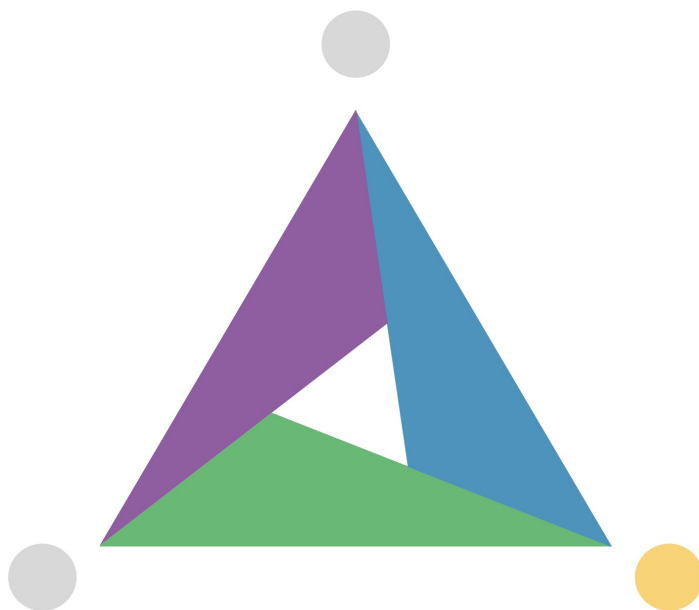
Your SEQ backpack is full of provisions for your journey. You have the ability to succeed in accomplishing tasks, goals, and challenges. Your choices and decisions provide a path to connect with yourself and your principles. How can you notice your body, mind, and spirit as you navigate through life and use that advantage to recognize when you are being congruent with your inner compass? Your inner and outer alignment is strong, and you tend to frequently notice things that may not be readily apparent to others.



# Belonging

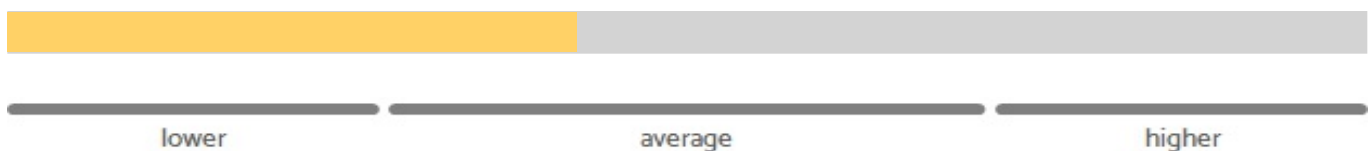
**Definition:** The ability to connect with others in a way that creates beneficial community for all involved. Key concepts in the domain of Belonging are relationships, authenticity, and vulnerability.

Your current level of Belonging shows that you have begun your personal journey of connecting more deeply with those closest to you. Belonging helps you live in relationship with your close family, friends, and community. These connections are deep and vulnerable and add an element of joy and meaning to life. Staying in close relationships help you navigate between your inner and outer worlds with a broader focus than awareness, yet a narrower focus than insight. Noticing what is beneath the surface of your loved ones is part of your spiritual practice, in that it calls for something that also requires something of you. There is a necessary reciprocity in belonging.



## BELONGING

You have experienced what it is to feel at home with your family and friends, and you would like to dwell there more consistently. While your intention is to stay connected with your community, you find there are times when your intention is not realized. Your SEQ backpack may include some extraneous things that keep you from achieving the connection you desire. It may be helpful for you to identify what you might want to eliminate or minimize that may be distracting you from finding what you truly want through connection with those closest to you.

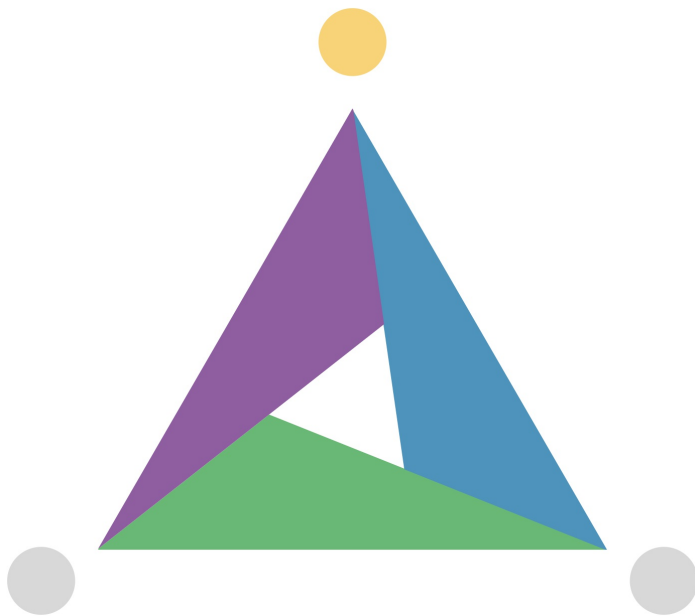




# Insight

**Definition:** The ability to understand that beyond what can be seen or felt is something greater than ourselves that connects us to the larger world. Key concepts in the domain of Insight are compassion, non-duality, and union.

Your current level of Insight shows a deep understanding and connection with the world at large and possibly a higher power. Insight helps you connect with people that you may never meet in person. It also includes connecting with a higher power if consistent with your faith structure. Being attuned to a bigger picture than is immediately around you, Insight requires a "seeing beyond" what is visible and a non-dualistic perspective.



## INSIGHT

You have the ability to sense those things that are not obvious or cannot be easily explained. You are finely tuned to your intuition and are aware of what may be beneath the surface, where the unconscious becomes conscious. Your soul, spirit, mind, and body are in alignment. Even through the daily events of life, there is an underlying thread that connects you to the larger world or your sense of something bigger than yourself. You don't need to see the impact of your connection, as it means more to you that you are following your intention to make the world a better place due to your connection with your authentic self and higher power, if that is your belief system. Your SEQ backpack may feel lighter because the tools for this part of the journey are within, rather than some object you might carry with you. An analogy might be going "digital" rather than taking a hardcover book in the backpack.



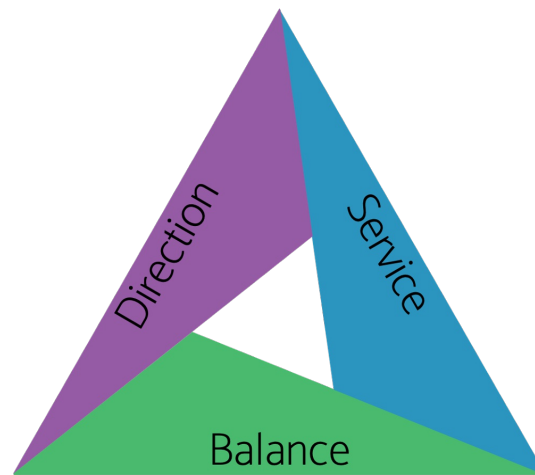


# The SEQ drivers

Direction, Balance, and Service drive our levels of connection with ourselves, our community and our world. Hence, these may be considered the “drivers” of connection in the SEQ Model. This connection would be the outcomes of spiritual emotional intelligence practice. The following pages show how the drivers are influencing your current practice of spiritual emotional intelligence.

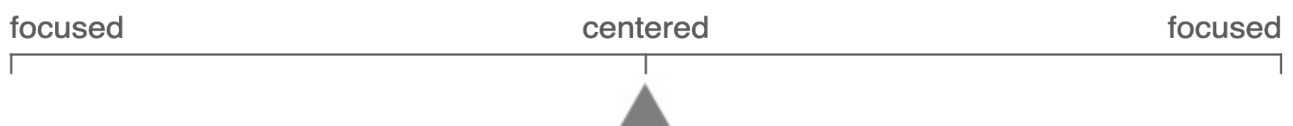
Each driver impacts all domains in your life--Awareness, Belonging, and Insight. The impact of each driver upon these domains may be considered variable, depending upon what is happening in your life during the snapshot in time when you completed the SEQ questionnaire.

The nine SEQ tiles represent the expression, as visible characteristics, of spiritual emotional intelligence in your current practice. (We'll delve more into the tiles on subsequent pages of this report.)



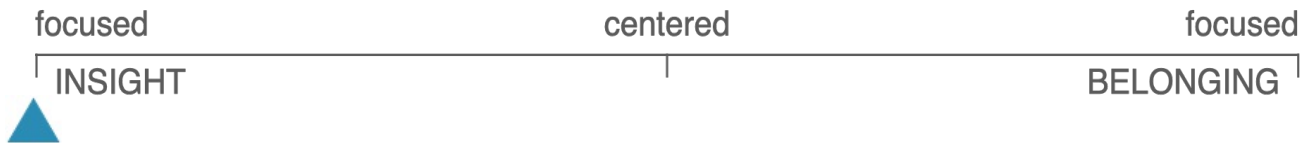
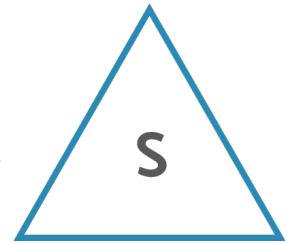
## What is the role of alignment?

The degree of impact by which each driver supports your connection in the Awareness, Belonging, and Insight domains can be illustrated by the location of each driver “triangle” between the domains. As you look at your results, how aligned are you between domains--in other words, in a perfectly aligned picture, each triangle would be at the “centered” position. For example, does your Direction triangle fall equally between Awareness and Insight, or is it closer to one or the other in the “focused” position? If two drivers are closer to one domain, then you may have a stronger sense of connection in that domain.

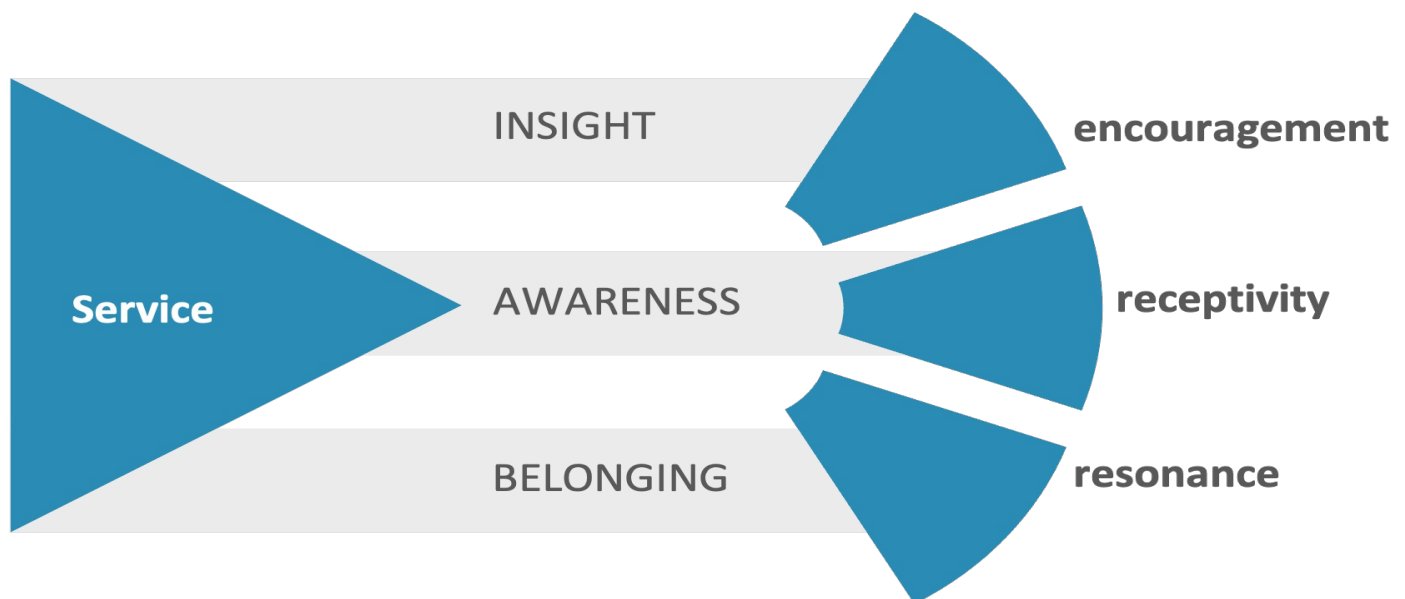


# Service

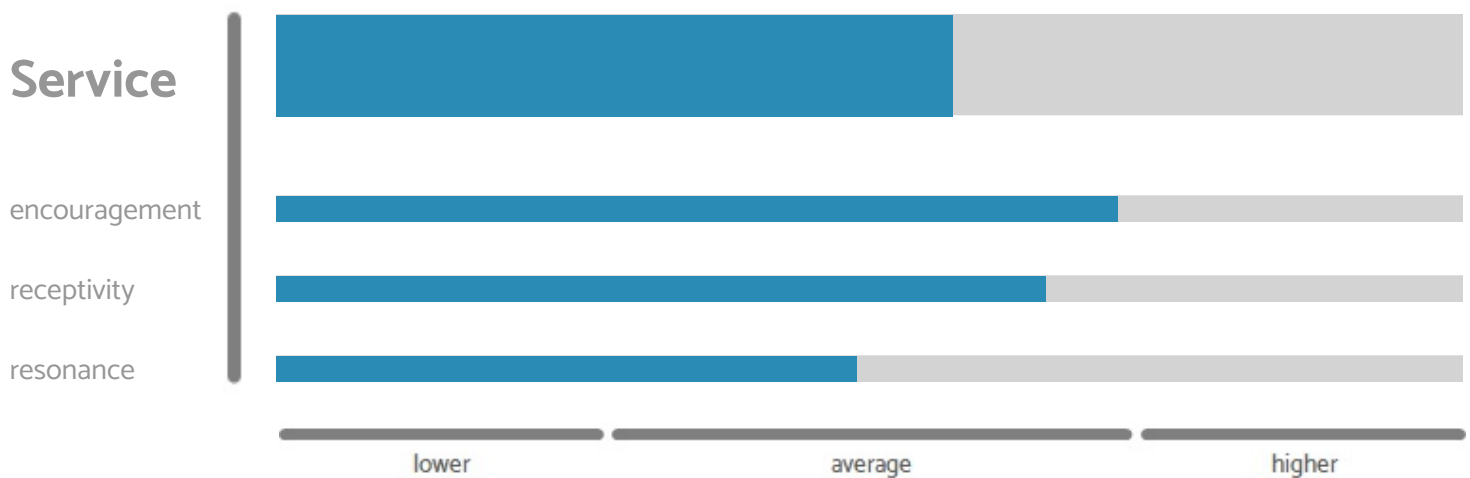
The capacity to work with others to fulfill your purpose in the world; the bridge between Insight and Belonging. The effect of changes in Service drives the alignment between these two domains and may also have an effect on Awareness.



The way ahead is more clear as you deepen your connection with the larger world. At this time, your connection with your close community is less important for next steps on your journey than your connection with the world at large. Your backpack is more heavily packed with tools that support your Insight than that of Belonging. This may be exactly where you need to be. It may not stay this way, but at this point in time, this positioning closer to Insight may serve a purpose in your journey.



# Service - your current snapshot



## The 3 tiles

On your Spiritual journey, what tiles (or touchstones) would you most like to take in your SEQ backpack, and what contribution will they make for the next part of your journey?

These are the 3 tiles that support Service:

Order of the three tiles

1st: Encouragement (Insight/Service) - empowering people to work for a better world

2nd: Receptivity (Awareness/Service) - connecting with people to strengthen your best self

3rd: Resonance (Belonging/Service) - supporting people to build community

Are any of these strengths you can leverage to connect more with yourself, your community or the world? What would be the advantage of strengthening these connections?

Are there any areas you would like to strengthen? What might be the advantage of strengthening an area that is not currently your strongest?

What help would you need to continue to develop in these areas you've identified?

### Going deeper...

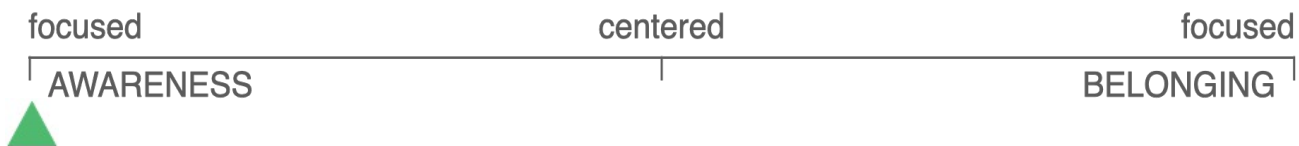
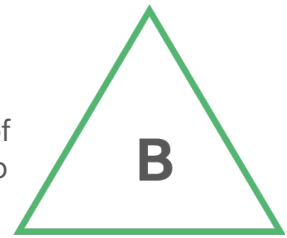
Your strongest Service tile is currently Encouragement. How is Service supporting your connection with Insight?

Receptivity is an expression of your Service that is also supporting Awareness. If you could strengthen your Service in terms of your Awareness, what might change for you?

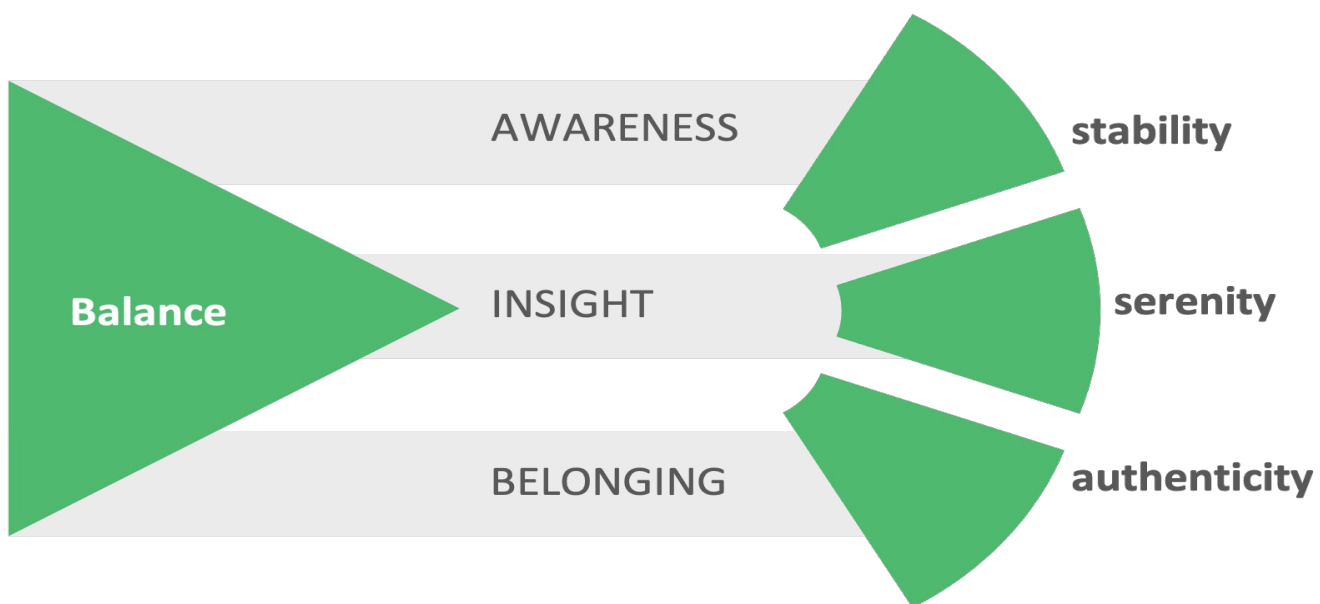
Your Service is currently least supporting your connection with Belonging. Is this an occurrence you've experienced previously in your life? How is that level of connection serving you or not serving you currently?

# Balance

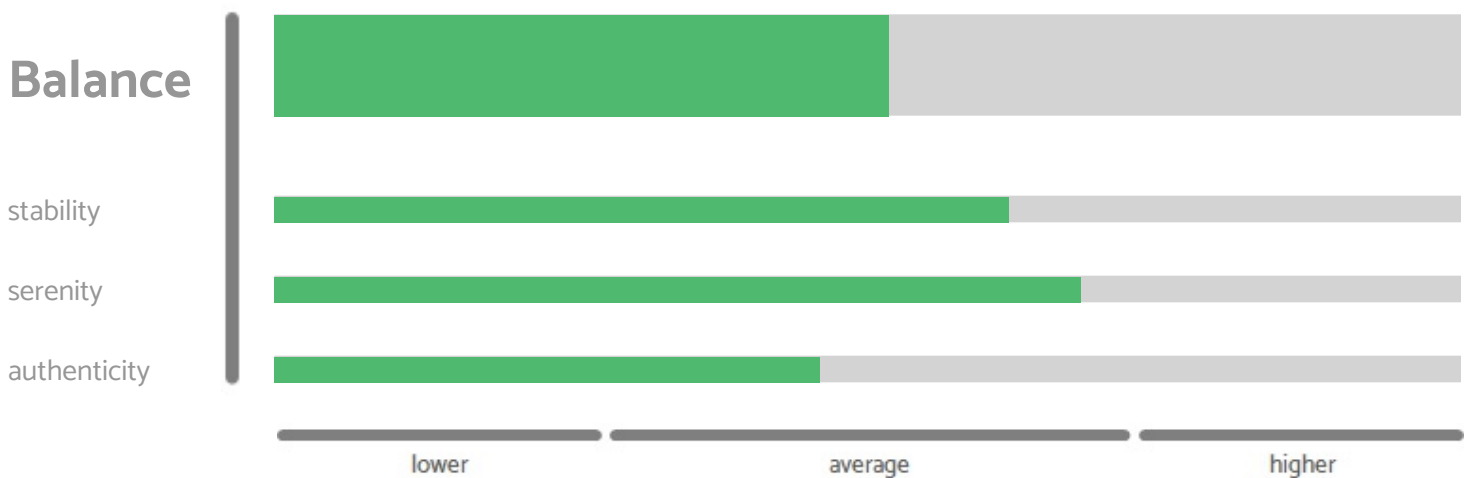
The capacity to maintain healthy equilibrium between self and others for the present and the future; the bridge between Awareness and Belonging. The effect of changes in Balance drives the alignment between these two domains and may also have an effect on Insight.



The way ahead is more clear as you deepen your connection with yourself. At this time, your connection with your close community is less important for next steps on your journey than your connection with yourself. Your backpack is more heavily packed with tools that support your Awareness than that of Belonging. This may be exactly where you need to be. It may not stay this way, but at this point in time, this positioning closer to Awareness may serve a purpose in your journey.



# Balance - your current snapshot



## The 3 tiles

On your Spiritual journey, what tiles (or touchstones) would you most like to take in your SEQ backpack, and what contribution will they make for the next part of your journey?

These are the 3 tiles that support Balance:

Order of the three tiles

1st: Serenity (Insight/Balance) - growing inner peace for the greater good

2nd: Stability (Awareness/Balance) - navigating carefully to stay true to your core

3rd: Authenticity (Belonging/Balance) - building reliability to nourish community

Are any of these strengths you can leverage to connect more with yourself, your community or the world? What would be the advantage of strengthening these connections?

Are there any areas you would like to strengthen? What might be the advantage of strengthening an area that is not currently your strongest?

What help would you need to continue to develop in these areas you've identified?

### Going deeper...

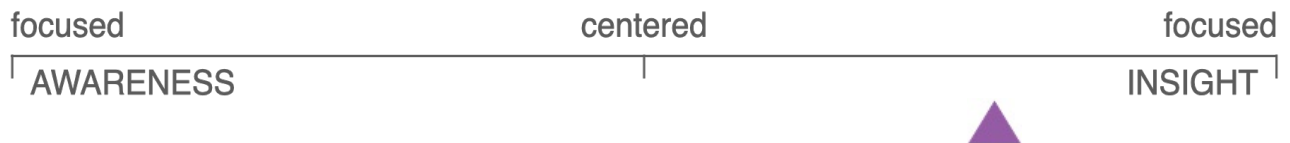
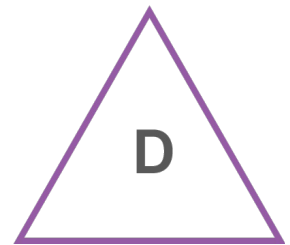
Your strongest Balance tile is currently Serenity. How is Balance supporting your connection with Insight?

Stability is an expression of your Balance that is also supporting Awareness. If you could strengthen your Balance in terms of your Awareness, what might change for you?

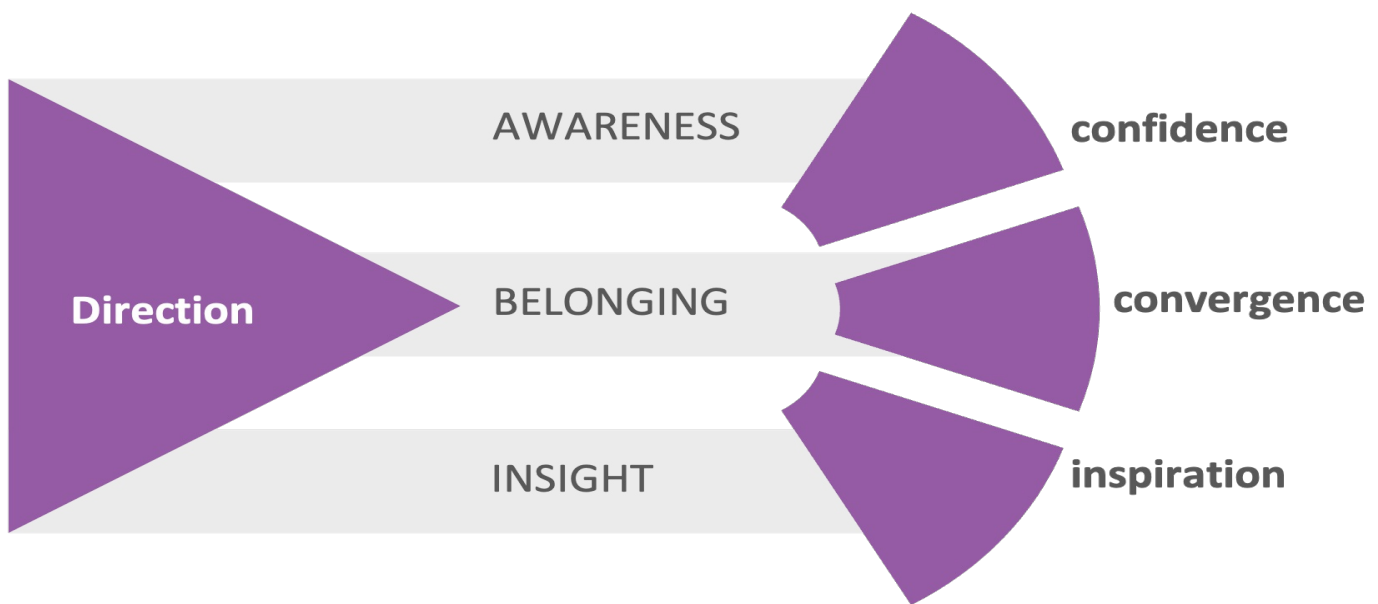
Your Balance is currently least supporting your connection with Belonging. Is this an occurrence you've experienced previously in your life? How is that level of connection serving you or not serving you currently?

# Direction

The capacity to move toward your desired future; the bridge between Insight and Awareness. The effect of changes in Direction drives the alignment between these two domains and may also have an effect on Belonging.

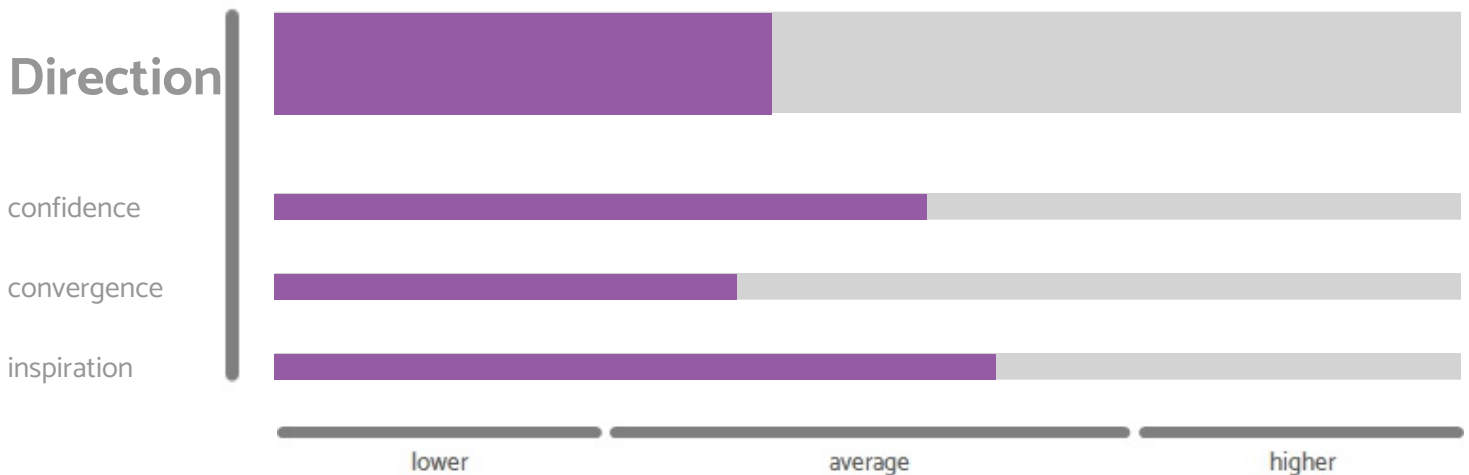


The way ahead is more clear as you deepen your connection with the larger world. At this time, your connection with yourself is less important for next steps on your journey than your connection with the world at large. Your backpack is more heavily packed with tools that support your Insight than that of Awareness. This may be exactly where you need to be. It may not stay this way, but at this point in time, this positioning closer to Insight may serve a purpose in your journey.





# Direction - your current snapshot



## The 3 tiles

On your Spiritual journey, what tiles (or touchstones) would you most like to take in your SEQ backpack, and what contribution will they make for the next part of your journey?

These are the 3 tiles that support Direction:

Order of the three tiles

1st: Inspiration (Insight/Direction) - sparking possibilities for a bright future

2nd: Confidence (Awareness/Direction) - discovering meaning to build internal integrity

3rd: Convergence (Belonging/Direction) - harnessing purpose to bring people together

Are any of these strengths you can leverage to connect more with yourself, your community or the world? What would be the advantage of strengthening these connections?

Are there any areas you would like to strengthen? What might be the advantage of strengthening an area that is not currently your strongest?

What help would you need to continue to develop in these areas you've identified?

### Going deeper...

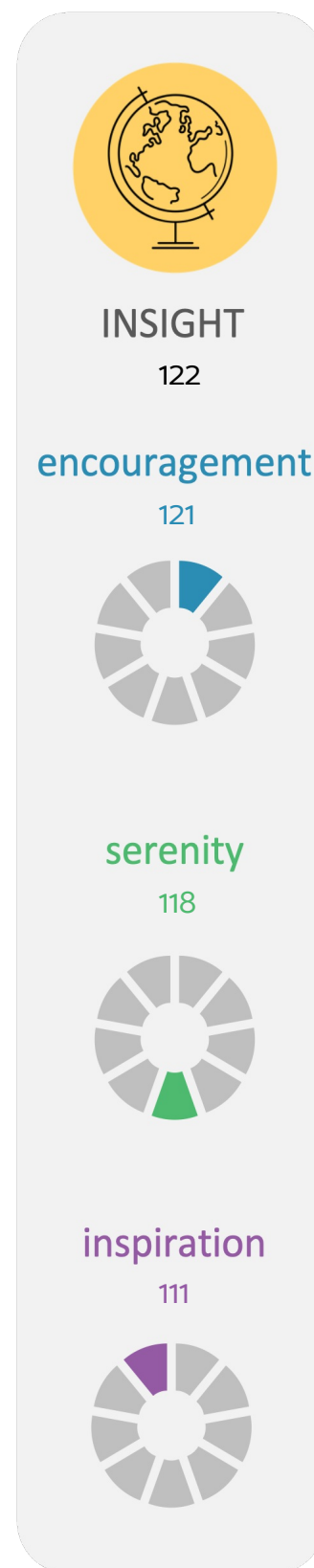
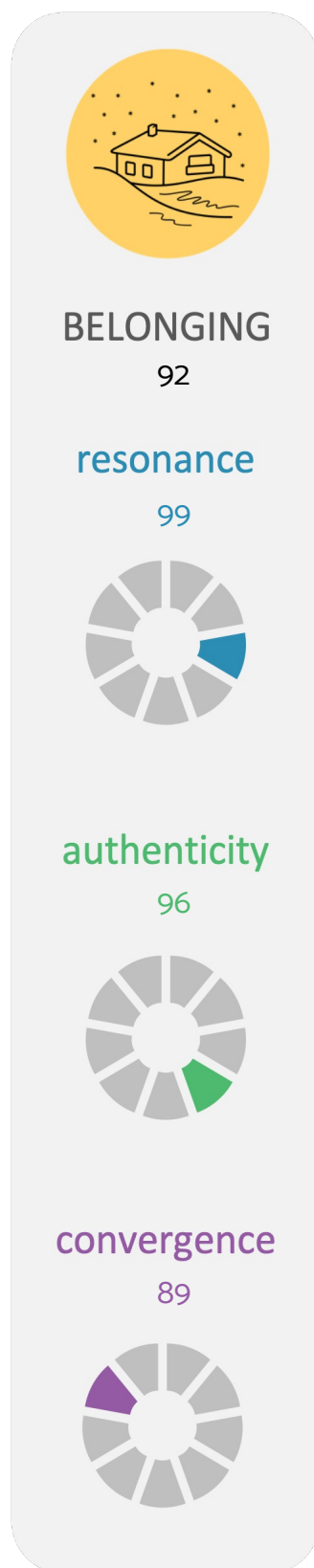
Your strongest Direction tile is currently Inspiration. How is Direction supporting your connection with Insight?

Confidence is an expression of your Direction that is also supporting Awareness. If you could strengthen your Direction in terms of your Awareness, what might change for you?

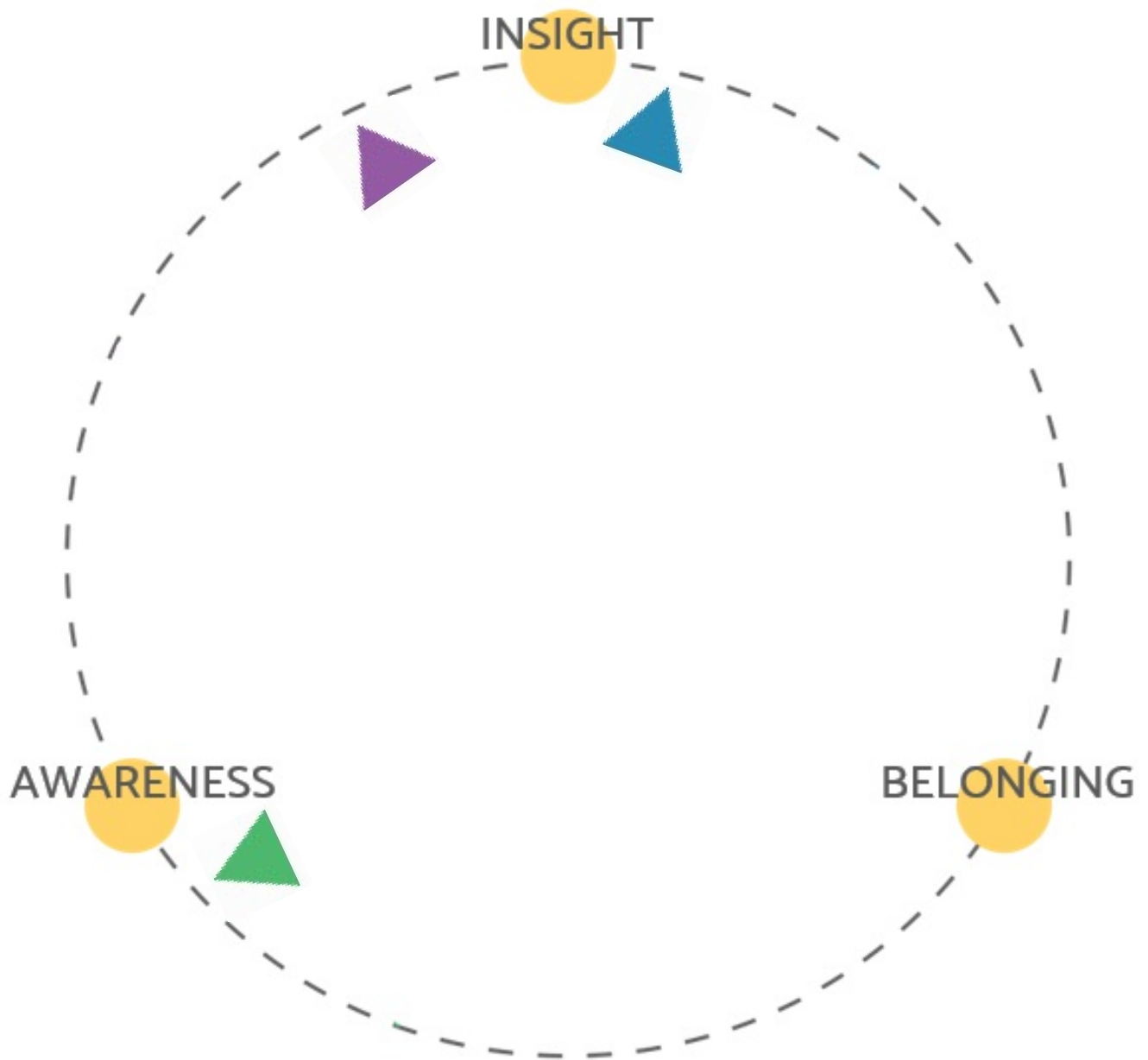
Your Direction is currently least supporting your connection with Belonging. Is this an occurrence you've experienced previously in your life? How is that level of connection serving you or not serving you currently?



# Your current snapshot summary

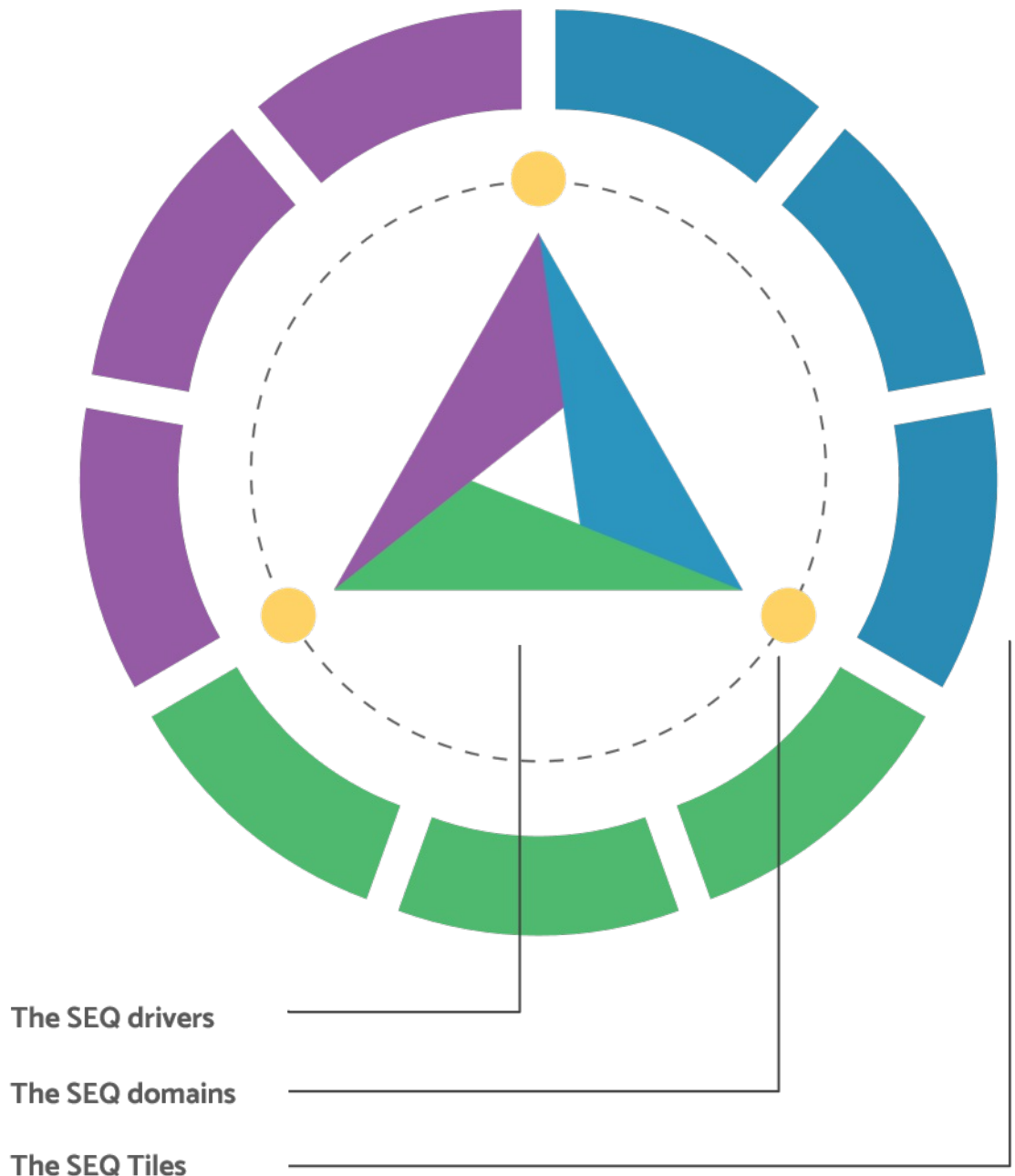


## Your overall alignment



# Understanding the SEQ Mosaic

Your spiritual emotional intelligence is a mosaic picture of your connection with yourself, close community and the world at large. These are represented by the domains of awareness, belonging, and insight, respectively. The drivers of this connection, manifested as direction, balance, and service, provide the levers that impact the domain outcomes. The SEQ tiles act as touchstones providing actionable ways to practice and develop your spiritual emotional intelligence.



# Action Plan

## Domains:

Considering your domains as the outcomes of your spiritual emotional intelligence, how satisfied are you with your current results?

What, if anything, would you like to change or sustain?

## Drivers:

Based on your current results, how are the drivers supporting your current results?

What changes would be necessary to support your desired results?

# Action Plan

## Tiles:

What strengths do you see in your current tiles?

What tiles might be helpful for you to develop further?

## Designing your SEQ Mosaic:

What support do you need?

What is your first step on this path?

What might sabotage you?

# SEQ Development Report Quick Reference

General Terms	SEQ Working Definition
Spiritual	Relating to or affecting the human spirit or soul, as opposed to material or spiritual things. (ref: Oxford Dictionaries online)
Emotional Intelligence (EQ)	Blending thinking and feeling to make optimal decisions and drive more effective actions. (www.6seconds.org)
Intelligence	Acquiring data and using it to solve challenges.
Spiritual Emotional Intelligence (SEQ)	The capacity to utilize spiritual and emotional insight to create a full and meaningful life.
SEQ Domains	SEQ Working Definition
Awareness	The ability to connect with yourself and your effect in the world without judgment or bias.
Belonging	The ability to connect with others in a way that creates beneficial community for all.
Insight	The ability to understand that beyond what can be seen or felt is something greater than ourselves that connects us to the larger world
SEQ Drivers	SEQ Working Definition
Direction	The capacity to move toward your desired future; the bridge between Insight and Awareness. The effect of changes in Direction drives the alignment between these two domains and may also have an effect on Belonging.
Balance	The capacity to maintain healthy equilibrium between self and others for the present and the future; the bridge between Awareness and Belonging. The effect of changes in Balance drives the alignment between these two domains and may also have an effect on Insight.
Service	The capacity to work with others to fulfill your purpose in the world; the bridge between Insight and Belonging. The effect of changes in Service drives the alignment between these two domains and may also have an effect on Awareness.



SEQ Tiles	SEQ Working Definition
<p>Encouragement</p> <p>Tile #1 Domain: Insight Driver: Service</p>	<p>Short Definition: Empowering people to work for a better world.</p> <p>Long Definition: Your inner compass provides the impetus for leading others in the creation of a better world. You are motivated by your desire to co-create a sense of ethical oneness and connection with all humanity and the sacred or your higher power.</p>
<p>Receptivity</p> <p>Tile #2 Domain: Awareness Driver: Service</p>	<p>Short Definition: Connecting with people to strengthen your best self.</p> <p>Long Definition: You realize that you can only be open to connection with other people when you are comfortable with yourself. You regularly check in with yourself and evaluate if your relationships are improving or impairing your energy and sense of fulfillment.</p>
<p>Resonance</p> <p>Tile #3 Domain: Belonging Driver: Service</p>	<p>Short Definition: Supporting people to build community.</p> <p>Long Definition: You are attuned to your inner voice and create a nonjudgmental space for other people to discover theirs. You regularly emphasize commonalities rather than differences and encourage others to use their inner wisdom to build connection.</p>
<p>Authenticity</p> <p>Tile #4 Domain: Belonging Driver: Balance</p>	<p>Short Definition: Building reliability to nourish community.</p> <p>Long Definition: You weigh the costs and benefits of your responses to consistently choose behavior connected with your personal values. You prioritize taking care of your own spiritual, emotional, and physical needs in order to build relationships that nurture yourself and others.</p>
<p>Serenity</p> <p>Tile #5 Domain: Insight Driver: Balance</p>	<p>Short Definition: Growing inner peace for the greater good.</p> <p>Long Definition: You use thoughts, emotions, and reactions to achieve inner and outer equilibrium, in spite of circumstances. You notice when your ego or "small self" is clamoring for attention and actively employ practices such as mindfulness that enable your "higher self" to be in charge more often.</p>

SEQ Tiles	SEQ Working Definition
<p>Stability</p> <p>Tile #6 Domain: Awareness Driver: Balance</p>	<p>Short Definition: Navigating carefully to stay true to your core.</p> <p>Long Definition: You assess situations and make choices that are congruent with your core sense of worth, even in times of indecision. You notice what you are feeling in the moment to help determine how your values may be affected when considering various options.</p>
<p>Confidence</p> <p>Tile #7 Domain: Awareness Driver: Direction</p>	<p>Short Definition: Supporting people to build community.</p> <p>Long Definition: You are anchored in your personal integrity and rely on your mind, body, and spirit to provide evidence of alignment. You actively seek out ways to challenge yourself to further define what is important and are aware of your physical, emotional, and spiritual responses in that exploration.</p>
<p>Convergence</p> <p>Tile #8 Domain: Belonging Driver: Direction</p>	<p>Short Definition: Harnessing purpose to bring people together.</p> <p>Long Definition: You are connected to your purpose and to the familiar people in your life. You make decisions based on your personal values and the effect on your close circle of friends and family. You focus on bringing these together in multiple ways to maximize harmony and potential.</p>
<p>Inspiration</p> <p>Tile #9 Domain: Insight Driver: Direction</p>	<p>Short Definition: Sparking possibilities for a bright future.</p> <p>Long Definition: You see the "bigger picture" and the connection between all living things. You gain energy from your values, as well as less defined criteria and usually see the world non-dualistically (with more than two viewpoints or options.)</p>



# SEQ DEVELOPMENT REPORT

Spiritual Emotional Insight for Your Life Journey

AN INVITATION TO GO DEEPER



Workshop Facilitation



Group/Individual Coaching



Spiritual Direction

