

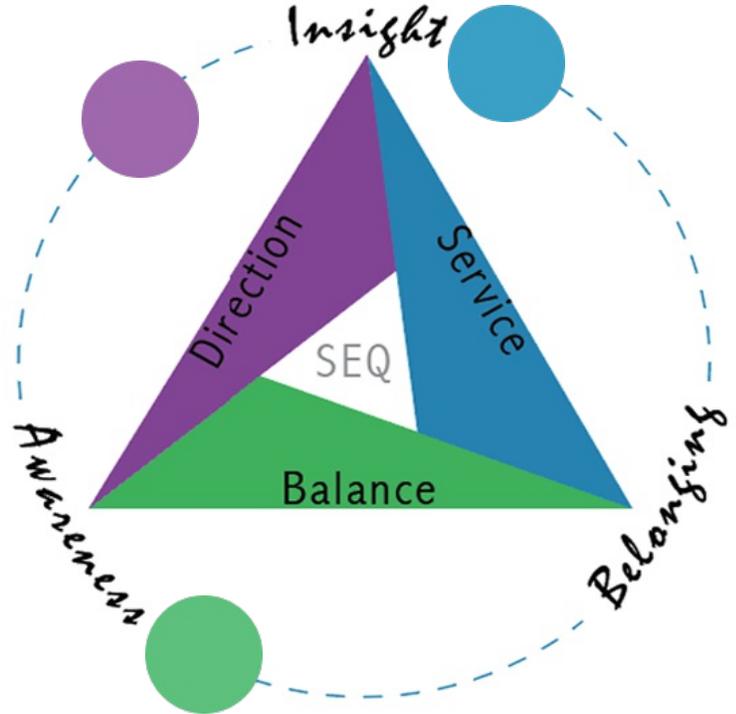


What is your alignment?

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. Awareness is the ability to connect with yourself and your effect in the world objectively without judgment or bias. Belonging is the ability to connect with others in a way that creates beneficial community for all involved. Insight is the ability to understand that beyond what can be seen or felt is something greater than ourselves that connects us to the larger world. Focusing on the drivers of Direction, Service, and Balance support connectedness in the domains of Awareness, Belonging, and Insight. To most effectively and equally impact the domains associated with each driver, the bubbles would be positioned at the center-point between 2 domains. The good news is that the skills of SEQ are dynamic and learnable!



One key to utilizing your SEQ is to develop alignment across the different domains of Awareness, Belonging, and Insight. Your current profile suggests this may be a challenge for you. To improve your alignment utilize some of the SEQ Tiles other than the 3 below. Which would you choose to begin your next steps for developing more SEQ? For more see 6sec.org/seqguide



Build on your SEQ Tiles

The tiles represent the way in which your Spiritual Emotional Intelligence can show up in your life, they are learnable skills that you can exercise to strengthen your alignment and work towards building Awareness, Belonging and Insight. Based on your responses, here are your strongest 3 tiles--how can you use these to further develop your Spiritual Emotional Intelligence and your connection with yourself, familiar others, and the larger world?

- 1 ENCOURAGEMENT**
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.
- 5 SERENITY**
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.
- 2 RECEPTIVITY**
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.



Learn More

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