



## Effectiveness

When you took the SEI, you answered questions about how you make decisions and enroll others in achieving your goals. Effectiveness means accomplishing important results efficiently.

Do you find that sometimes its challenging to accomplish goals you set? When you get busy, are you losing track of your priorities?

### Your current score



### Your goal

Where you would like to see this score in 90 days? What will be different when you do so?

### Your AI Insights

To improve effectiveness, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:

#### Exercise Optimism



What about my projects or goals is overwhelming? What's a new way to view this?



If I were being more effective... what would it look like? Feel like?



Make a list of the actions that I could take assuming I can't fail. What's one action I will start practicing?

#### Engage Intrinsic Motivation



How much energy / excitement do I have about the items I need to work on?



Am I linking my current tasks to what really energizes & motivates me?



Remembering what is important for me can help me make more effective decisions.

#### Recognize Patterns



What patterns are blocking me from getting the results I want?



How clearly am I seeing my patterns of procrastination or doing the wrong work?



Identify the triggers or conditions that push me into unproductive patterns.



## Relationships

On the SEI, you answered questions about building and maintaining positive interpersonal and professional connections.

When you are busy or stressed, are you forgetting to invest in building mutually supportive alliance or personal connections? When you do invest, what happens?

### Your current score



### Your goal


Where you would like to see this score in 90 days? What will be different when you do so?


### Your AI Insights


To improve relationships, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:


#### Exercise Optimism


 To improve my close relationships: Am I looking at all the options?


 What opportunities are there to better relationships with people in my network?

 Notice when my internal voice is saying "this will never change" & see what happens if I change to, "this hasn't changed YET."


#### Engage Intrinsic Motivation


 How can my community of family and friends give me energy to move forward?


 What excites me about the network of people that I associate with?

 What are the values and commitments that give me energy? Can I share those in a way that energizes others?

#### Recognize Patterns

 To what degree am I repeating an unproductive way of interacting with others?

 What interactions with others is triggering me to follow negative patterns?

 Identify an unproductive pattern in a relationships; formulate a productive pattern that could replace that.





## Quality of Life

The SEI includes questions about your overall view of your satisfaction and achievement; Quality of Life is about creating true happiness from a life well lived.

Do you generally feel good about the way you're living your life? Are there some areas where you'd like to "tune up"? What would it take to be deeply contented?

### Your current score



### Your goal




Where you would like to see this score in 90 days? What will be different when you do so?

### Your AI Insights




To improve quality of life, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:




#### Engage Intrinsic Motivation

-  What gives me energy? What's the best way I can "spend" it?
-  Where am I wasting energy or draining my internal motivation?
-  What's one goal that will be fulfilling for me, irrespective of what others think or say? What action can I take on this now?

#### Exercise Optimism

-  Am I looking at life through a lens of optimism? What happens if I do that more?
-  Am I appreciating my own effort that I'm putting into my achievements?
-  Focus on what is going well, on what is going better, on the things that are moving in the right direction. Expand these.

#### Pursue Noble Goals

-  Am I pursuing goals that meet my own core needs while also helping others?
-  What would my level of achievement be if I lived my goals every day?
-  How do I want people to remember me in 30 years? Write it down in one sentence and look at it daily.



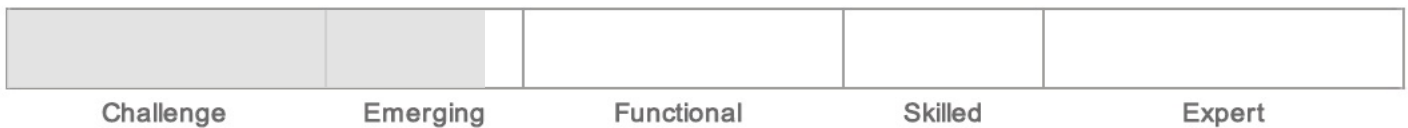


## Wellbeing

The SEI asked you about your balance and health; Wellbeing is the capacity to maintain optimal energy and functioning.

Do you find that you'd like to feel more healthy and vital? How are you doing on making decisions that sustain your health and energy? What would you like to improve?

### Your current score



### Your goal


Where you would like to see this score in 90 days? What will be different when you do so?


### Your AI Insights


To improve wellbeing, leverage your EQ. Where should you start?

The SEI Neural Network recommends these powerful paths based on your specific EQ scores:


#### Engage Intrinsic Motivation


 To what degree am I focused on what gives me the energy to take care of myself?


 How much of my energy is going to short-term tasks vs long-term self-care?

 I know what my non-negotiables are. Am I living by them?


#### Increase Empathy


 How well am I balancing others and self?


 If I were more self-empathic, what would I do to revitalize & nourish myself?

 I can use empathy to listen deeply and often to the hints that my own voice, emotions and body are giving me.

#### Navigate Emotions

 Am I reacting to emotions or covering them up with unhealthy behavior?

 What emotions do I want to feel to support myself to be balanced and healthy?

 When I'm stressed, I can use appreciation to navigate emotions and feel more inner calm.

