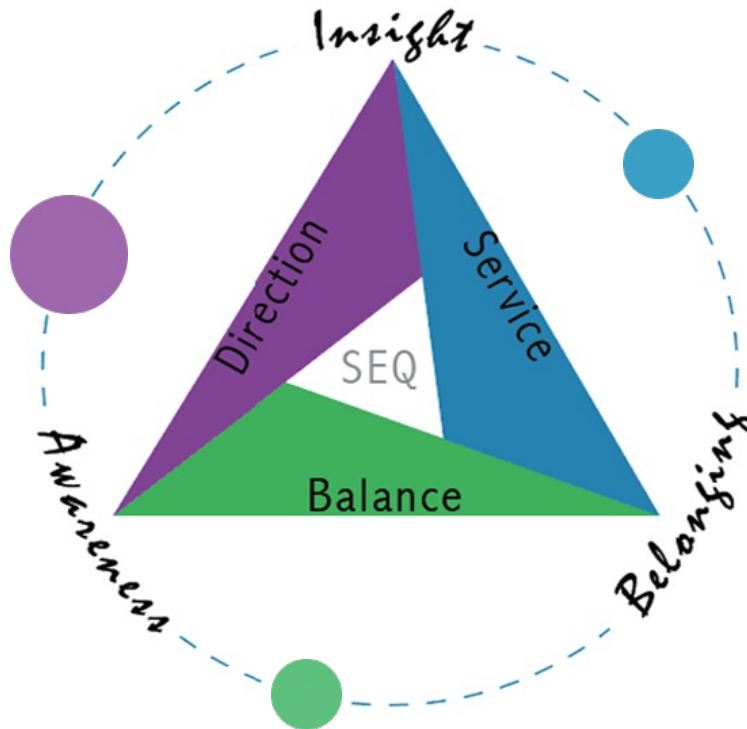


What is your alignment?

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!



Alignment across the domains is a key element of SEQ. Your current profile shows that you have been actively or intuitively developing these areas, particularly using your 3 highest scoring tiles. Maintaining personal practices that support spiritual and emotional development will be key to sustaining this level of SEQ. How can your current SEQ tiles support your growth? Which others would be most helpful to develop? 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?

- 9 INSPIRATION**
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.)
- 7 CONFIDENCE**
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.
- 8 CONVERGENCE**
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.



Learn More

Download the free Interpretation Guide [here!](#)
This report was provided to you by Spirit of EQ, a Six Seconds Preferred Partner.
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