

Notes from The 8th Habit by Stephen Covey

PQ Developing the Three Main Components of Physical Intelligence (PQ)

Wise Nutrition

Consistent Balanced Exercise

Proper Rest, Relaxation, Stress Management
and Prevention Thinking

IQ Developing the Three Main Components of Mental Intelligence (IQ)

Continuous, Systematic, Disciplined Study and Education
Cultivation of Self-Awareness (Making Assumptions Explicit)
Learning by Teaching and Doing

EQ The Five Main Components of Emotional Intelligence (EQ)

Self-Awareness

Personal Motivation

Self-Regulation

Empathy

Social Skills

SQ Developing the Three Main Components of Spiritual Intelligence (SQ)

Integrity (Being true to one's highest values and conscience)

Meaning (A sense of contribution to people and causes)

Voice (Aligning work with one's unique calling and gifts)

Notes from The 8th Habit by Stephen Covey (cont)

EQ Developing the Five Main Components of Emotional Intelligence (EQ) Through the 7 Habits

Self-Awareness

1) Be Proactive

Personal Motivation

2) Begin with the End in Mind

Self-Regulation

3) Put First Things First

7) Sharpen the Saw

Empathy

5) Seek First to Understand, Then to be Understood

Social Skills

4) Think Win-Win

5) Seek First to Understand, Then to be Understood

6) Synergize

- 1) What need do I sense (in my family, in my community, in the organization I work for)?
- 2) Do I possess a true talent that, if disciplined and applied, can meet the need?
- 3) Does the opportunity to meet the need tap into my passion?
- 4) Does my conscience inspire me to take action and become involved?

Take 2 or 3 of the primary roles in your life, and in each role, ask yourself these 4 questions.