



## Emotional Intelligence Activities

*Aspects of emotional competence covered:* Emotional awareness, self regulation of emotions.

*Educational level:* Primary, Secondary Education, Higher Education

*Source:* The concept was originally created by Paul J. Meyer, founder of Success Motivation® Institute, Inc. and adapted by professional coaches and teachers all over the world.

*Duration:* 2 sessions of 50 min.

### THE WHEEL OF LIFE

**INTRODUCTION:** This is an activity commonly used by professional life coaches to consider each area of your life in turn and assess what's off balance so that you can identify areas that need more attention. (Source: Time management techniques, at [https://www.mindtools.com/pages/article/newHTE\\_93.htm](https://www.mindtools.com/pages/article/newHTE_93.htm) )

This tool was developed by Paul J. Meyer. Born in San Mateo, California in 1928 to a German immigrant father and a mother of Scottish descent, Paul J. Meyer possessed an unyielding urge to learn, to excel, and to be innovative in all his endeavors. Always considered a person with an idea ahead of its time, Meyer became interested in the principles of **personal growth**, development, and success at an early age. He was particularly interested in **the process of goal setting**, as this process was in tune with his keen desire for personal achievement. By using goal-setting principles in his chosen career of professional sales, Meyer became a millionaire by the age of 27.

More importantly, however, Meyer held the firm belief that all people, regardless of their gender, personality, social standing, or level of education, could develop the necessary characteristics to achieve and live a lifetime of success. To this end, Meyer founded Success Motivation® Institute, Inc. in 1960, a company dedicated to motivating people to their full potential®. This company brought into reality Meyer's long-standing dream of providing practical, effective materials to help people achieve their goals and enjoy greater success.

Since the original company was established, Meyer grew and expanded it, launching Success Motivation® International, Inc. and Leadership Management® International, Inc. These companies and their affiliates are now active throughout the United States and in more than 80 countries throughout the world. Success in his own life and expertise in teaching others meaningful ways to reach their goals earned Meyer recognition as one of the world's most outstanding authorities in the fields of **goal setting, motivation, time management**, and **personal and professional development**. (Source: <http://www.lmicanada.ca/LMI-Founder.aspx>)

#### **OBJECTIVES:**

This activity will help your students:

- To become aware of the most important areas of life for them.



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- To become aware of the level of satisfaction they have in relation of the areas of life represented in the wheel of life.
- To realize how being aware of what happens inside their minds can help them change their behaviour for better and make decisions.
- To set a specific goal and sign a commitment document about it.

### PREPARATION:

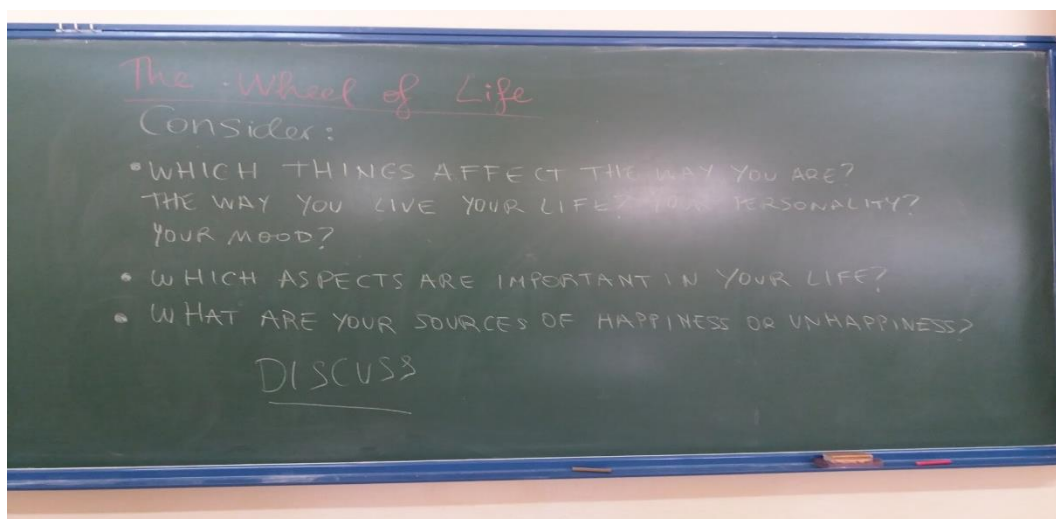
#### Materials & resources:

- Whiteboard, blackboard or digital board.
- 1 photocopy with an empty wheel of life per student.
- Markers.
- An "Act of Commitment with Myself" paper per student.

**VOCABULARY:** Free time, social life, success, achieve, overcome, interact, satisfaction, measurable, relevant, inspiring, specific, get to know yourself, objectives, goals.

### PROCEDURE:

1st step.- Students are asked to think about the most important aspects in their lives:

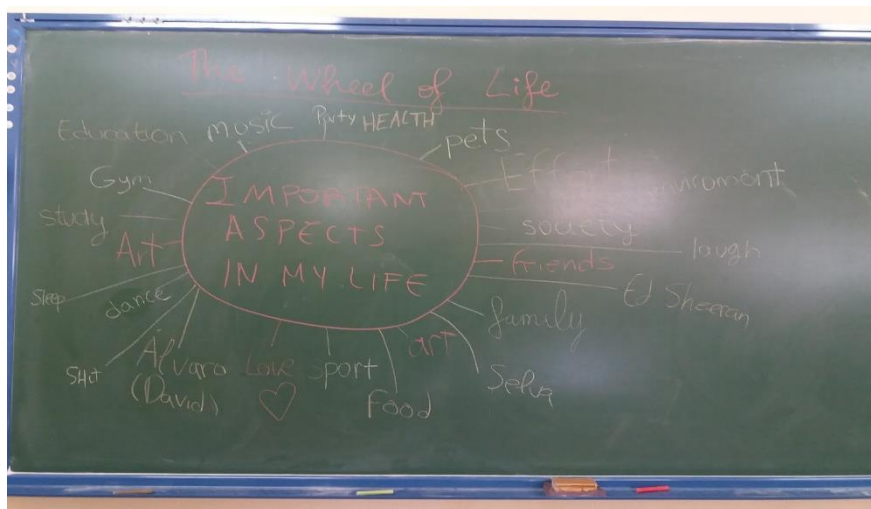


We give them several minutes to reflect on the questions we have written on the board and write down everything they want to.

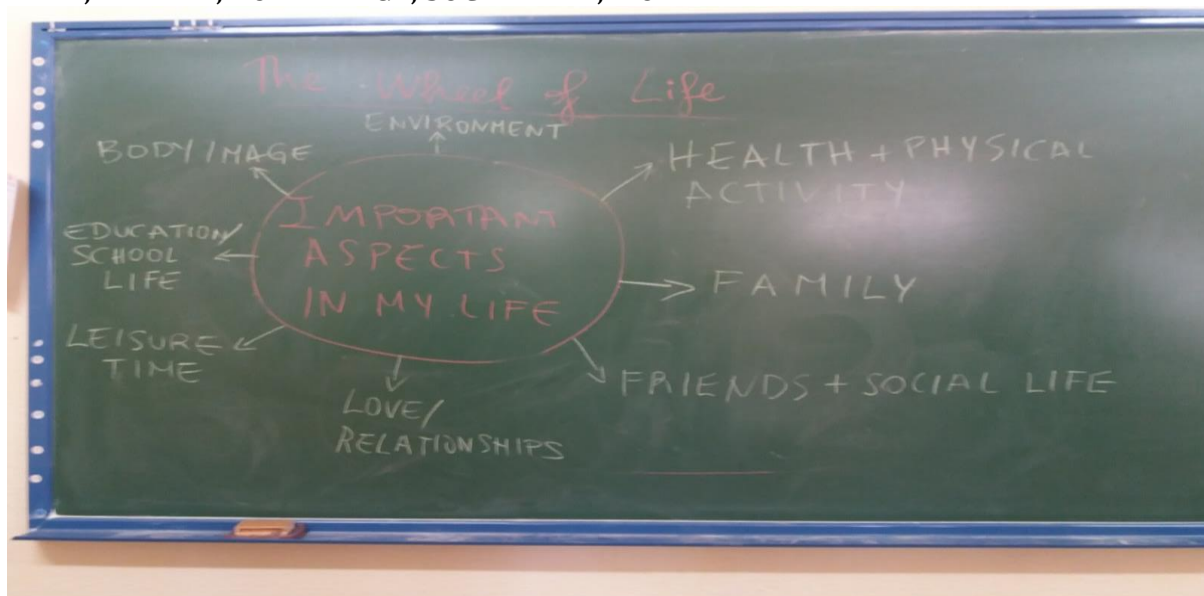


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2<sup>nd</sup> step.- Brainstorming: Everything they suggest is written on the board.



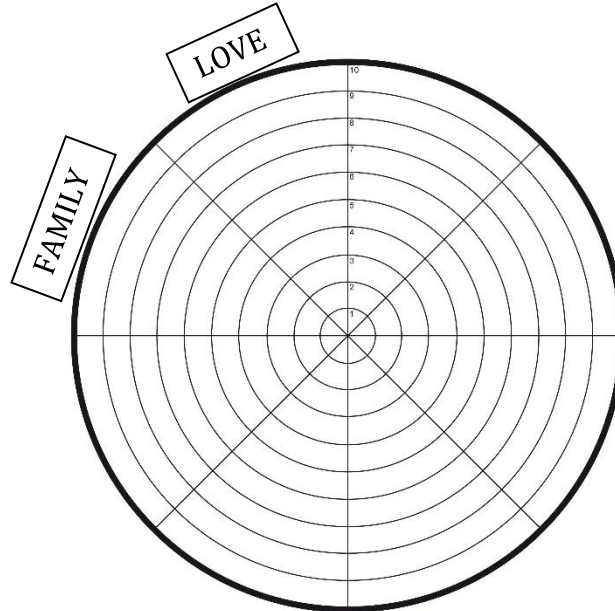
3<sup>rd</sup> step.- Now all the class has to agree on the eight most important aspects of life. They should come up with more or less the following areas: HOME (or FAMILY), SCHOOL (or STUDIES), LOVE, FREE TIME, HEALTH, BODY IMAGE, SOCIAL LIFE, MONEY.





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4<sup>th</sup> step.- They are given a paper with an empty wheel of life. First of all, they write the 8 areas around the wheel.



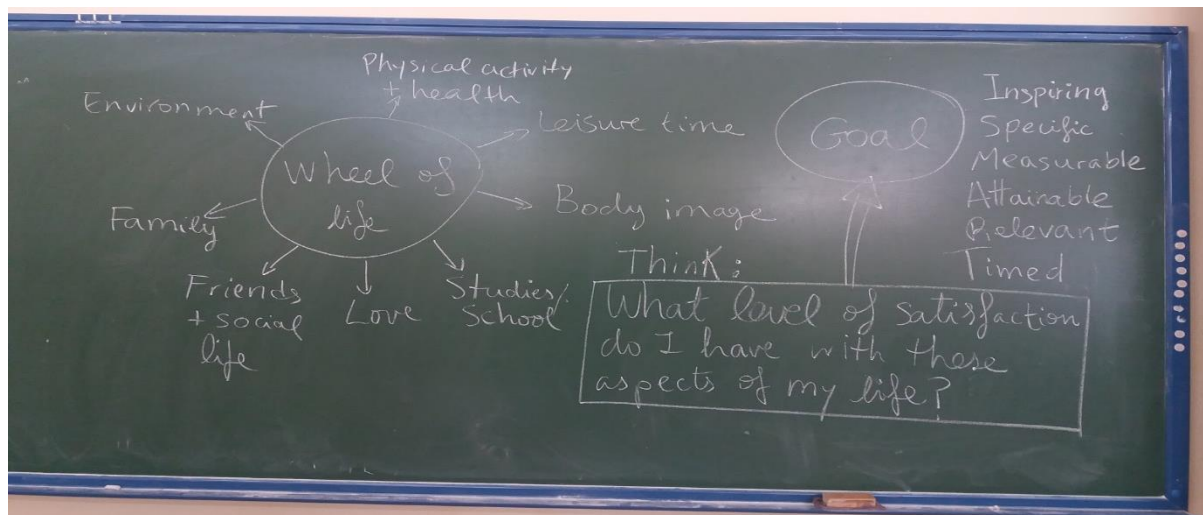
5<sup>th</sup> step.- After that, they are told to mark their level of satisfaction with every area on a scale from 0 to 10.





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6<sup>th</sup> step.- They are made to see that most wheels do not roll because they are very irregular. Now they have to focus on an aspect in which they have scored very low to **LOOK FOR AN OBJECTIVE OF IMPROVEMENT, WITH THE FOLLOWING CHARACTERISTICS**: the objective should be **inspiring** - **specific** - **measurable** - **achievable** - **relevant** and **limited in time**.



7<sup>th</sup> step.- They fill in the commitment contract with themselves, where they specify what that objective is, they detail 2-3 steps to get it, they put a date, etc.

**EXTENSION:** We can tell them to write about the activity on their emotional diaries as homework.

**Comments:** You may want to use The Wheel of Life to identify how much time they spend on the different areas, as a means to set goals focused on effective time management.