

Application Diary Form
EMP-B-2020
Making Your Relationship(s) Magical

APPLICATION DIARY FORM (ADF)
EMP-B-2020
MAKING YOUR RELATIONSHIP(S) MAGICAL
- PASSION - EMOTIONAL INTELLIGENCE

Participant's Name

Participant's ID:

Date LU Completed

Date ADF Completed

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INTRODUCTION & INSTRUCTIONS

Stage 3 of the three stage CeI vocational training program is Knowledge and Skills Application. It is our firm belief that the best means of learning, applying, and retaining skills is to practice them. Your Counselor is committed to your success and is available by telephone at (714) 742-4900 or by email at EMPB2020@CannoneInstitute.com.

Learning Units usually cover one small subject that, when mastered, will lead to increased income. Many of the concepts, processes, procedures, tools and techniques proffered by CeI in this program are under continuous study. We are constantly looking for discoveries that will make relationships better, more copacetic, more productive and filled with friendship and love.

This Application Diary Form focuses on Emotional Intelligence (EI); specifically what it is and how to enhance your EI as a foundation for *Making Your Relationships Magical*.

As you are completing this assignment, we strongly recommend saving this form often. Your file names should be in the following format: [EMP-B-2020 - EI - [Participant ID]-[Date].pdf

Again, email your completed form to EMPB2020@CannoneInstitute.com. Your Counselor will review the form, add comments, and return the form to you within 72 hours. After receiving your Counselor edited *Application Diary Form*©, review it for additional suggestions on how the skill can be better applied. Save the edited *Application Diary Form*© in your EMP-B-2020 Directory (folder).

1. Enhancing Your Emotional Intelligence - A. Keeping Focused - - Don't interrupt or change the subject. If feelings are uncomfortable, you may want to avoid them by interrupting or distracting yourself. Sit down at least twice a day and ask, "how am I feeling?" It may take a little time for the feelings to arise. Allow yourself that small space of time, uninterrupted. Write in the box below, your feelings and How your feelings are affecting paradigms, your interaction with others and your productivity.

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Focusing On Your Feelings

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2. Be an Unbiased Researcher - Remember you are researching YOUR EMOTIONS. Don't judge or edit your feelings too quickly. Try not to dismiss your feelings before you have a chance to think them through. Healthy emotions often rise and fall in a wave, rising, peaking, and fading naturally. Your aim should be not to cut off the wave before it peaks. Did you find yourself "Editing Your Emotions or Rationalizing". Explain here.

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Unbiased Researching

3. Think Back - See if you can find connections between your feelings and other times you have felt the same way. When an uncomfortable feeling arises, ask yourself, "When have I felt this feeling before?" Doing this may help you to realize if your current emotional state is reflective of the current situation, of another time in your past, or about a subject that is not related to your conscious concerns. Describe here what you discovered when you thought back.

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Think Back

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4. Analyze - Connect each of your feelings with your thoughts. When you feel something that strikes you as out of the ordinary, ask, "What do I think and feel about the inordinate circumstance?" Often, one of our feelings will contradict others. That's normal. Listening to your feelings is like listening to all the witnesses in a court case. Only by admitting all the evidence will you be able to reach the best verdict. Describe here what your analysis revealed.

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Analyze

5. Listen to your body - A knot in your stomach while driving to work may be a clue that your job is a source of [stress](#). A flutter of the heart when you pick up a girl you have just started to date may be a clue that this could be "the real thing." Listening to these sensations, and the underlying feelings that the sensations signal, will allow you to process more with your powers of reason and less with emotional reflex. What did you hear when you "Listened to your Body?"

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Listen To Your Body

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6. Involve Observers - If you don't know how you're feeling, ask someone else. People seldom realize that others are able to judge how they are feeling. Ask someone who knows you (and whom you trust) how you are projecting. You may find the answer both surprising and informative. What was the response when you involved others?

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Involve Others

7. Tune in to your unconscious feelings - How can you become more aware of your unconscious feelings? Try free association. While in a relaxed state, allow your thoughts to roam freely and observe where those thoughts wander. Describe what you discovered when you tuned in to your unconscious feelings.

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Unconscious Feelings

8. Analyze your [dreams](#) - Keep a notebook and pen at the side of your bed and jot down your dreams as soon as you wake up. Pay special attention to dreams that repeat or are charged with powerful emotion. Visit <https://bowhealth.com/dream-interpreter-tool/> for an idea of what your dreams mean. Describe what you discovered during your dream analysis.

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Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Analyze your Dreams

9. Introspection - Ask yourself: How do I feel today? Start by rating your overall sense of well-being on a scale of 0 and 100 and write the scores down in a daily log book. If your feelings seem extreme at any time, reflect upon conditions, ideas, associations and circumstances that may be connected with the feeling. Remember, you are enhancing your EI. Self-awareness of your “triggers” is where you start. Describe how you were feeling during this exercise.

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Today's Feelings

10. Write thoughts and feelings down. Research has shown that writing down your thoughts and feelings can help profoundly. A simple exercise like this could take only a few hours per week. So, when applying this exercise, what were your thoughts?

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Writing Down Feelings

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11. Know when enough is enough - There comes a time to stop looking inward; learn when it is time to shift your focus outward. Studies have shown that encouraging people to dwell upon negative feelings can amplify these feelings. Emotional intelligence involves not only the ability to look within, but also to be present in the world around you. What did you discover as you transition from intraspection (looking at yourself) to extraspection (looking around you)?

Your Thoughts - The Impact of This Exercise

Instructor's Comment - EI Concept Testing - Know When To Shift To Extraspection

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| <input type="checkbox"/> ADF EMP-B-2020 - First | <input type="checkbox"/> ADF EMP-B-2020 - Sixth |
| <input type="checkbox"/> ADF EMP-B-2020 - Second | <input type="checkbox"/> ADF EMP-B-2020 - Seventh |
| <input type="checkbox"/> ADF EMP-B-2020 - Third | <input type="checkbox"/> ADF EMP-B-2020 - Eighth |
| <input type="checkbox"/> ADF EMP-B-2020 - Fourth | <input type="checkbox"/> ADF EMP-B-2020 - Ninth |
| <input type="checkbox"/> ADF EMP-B-2020 - Fifth | <input type="checkbox"/> ADF EMP-B-2020 - Tenth |