Montana FCCLA’s

MINING FOR WELLNESS
Member Workbook

HOW-TO-USE:

Explore your personal wellness before embarking on a journey of serving others!

The member workbook is a tool to use as members and students navigate through the treasure map, Mining for Wellness, on the Montana FCCLA website. Webpage links located within the workbook are also provided within the map.

Members should complete the first two activities before beginning later activities. Other activities can be accomplished in any order.
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What is Emotional Intelligence?

Why is emotional intelligence important?

How can emotional intelligence be developed and improved?

After viewing the video link, answer the discussion questions below.

https://www.youtube.com/watch?v=n9h8fG1DKhA&feature=emb_logo
Follow this link to complete a personal assessment for emotional intelligence. [https://www.mindtools.com/pages/article/ei-quiz.htm](https://www.mindtools.com/pages/article/ei-quiz.htm)

*Please note your results will be provided without creating a log in.

Report and reflect on your results below.

1. **Calculated Total Score:**

2. **Score Interpretation**

<table>
<thead>
<tr>
<th>Highlight Your Range:</th>
<th>Summarize what you learned about your EI score.</th>
</tr>
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<tbody>
<tr>
<td>15 - 34 Needs Work</td>
<td></td>
</tr>
<tr>
<td>36 - 55 OK</td>
<td></td>
</tr>
<tr>
<td>56 - 75 Great</td>
<td></td>
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</table>
Where do you think you are strongest and where do you need more work?

The question numbers are categorized by the five qualities of emotional intelligence.

⭐️ Put a star or highlight the quality if you feel confident in that category because of how you answered the questions.

❌ Put an “X” or underline the quality if you feel the need to grow in that category because of how you answered the questions.

<table>
<thead>
<tr>
<th>★ OR ✗</th>
<th>Qualities of Emotional Intelligence</th>
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<tr>
<td></td>
<td>Self-Awareness (Questions 1, 8, 11)</td>
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<tr>
<td></td>
<td>Self-Regulation (Questions 2, 4, 7)</td>
</tr>
<tr>
<td></td>
<td>Motivation (Questions 6, 10, 12)</td>
</tr>
<tr>
<td></td>
<td>Empathy (Questions 3, 13, 15)</td>
</tr>
<tr>
<td></td>
<td>Social Skills (Questions 5, 9, 14)</td>
</tr>
</tbody>
</table>

What is the best answer to fill in the blanks?

Even if you already have many of the elements of emotional intelligence, it's important to look for opportunities to build it further. This will increase your ________________ potential, and improve the quality of your ________________.

a. Growth, Life
b. Leadership, Relationships
c. Emotional, Intelligence
SELF-AWARENESS

Select Option A or Option B to increase self-awareness and learn about mindfulness. This involves a focus on the present moment, including how you feel. Two options are provided should you feel uncomfortable with a medication exercise.

Option A - Mindful Meditation

Complete the pre-assessment before clicking the mediation link below. Once mediation has concluded, complete the post-assessment. Finally, answer the reflection prompt.

Pre-Assessment

Use a scale of 1 - 5, with 1 meaning strongly disagree and 5 meaning strongly agree.

I feel calm

1 2 3 4 5

Strongly disagree Strongly agree

I feel anxiety

1 2 3 4 5

Strongly disagree Strongly agree

I feel hopeful

1 2 3 4 5

Strongly disagree Strongly agree

Now use the link below to complete a 10-minute meditation.

https://www.youtube.com/watch?v=ZToicYcHlOU

Post-Assessment

Use a scale of 1 - 5, with 1 meaning strongly disagree and 5 meaning strongly agree.

I feel calm

1 2 3 4 5

Strongly disagree Strongly agree

I feel anxiety

1 2 3 4 5

Strongly disagree Strongly agree

I feel hopeful

1 2 3 4 5

Strongly disagree Strongly agree

Did any other insights or additional emotions come to you? Write them down here:
**Option B - Managing Emotions**

Read the article linked below to learn about four keys steps to managing our emotions.
[https://psychcentral.com/blog/techniques-for-teens-how-to-cope-with-your-emotions/](https://psychcentral.com/blog/techniques-for-teens-how-to-cope-with-your-emotions/)

Write out the four steps:

1. 
2. 
3. 
4. 

Now practice for yourself right now. Complete a journal entry describing your current emotions. The wheel of feelings on the next page can help you with this identification if you get stuck. Include in your journal entry the name of an emotion, how to accept it, how you express it and what you can do to cope with it.

**Journal Entry**

Next, select and share an emoji to identify your emotion(s).

Read about emojis in the linked article and explain in the table how they can be helpful in communicating our emotions.


<table>
<thead>
<tr>
<th>Insert or Draw on emoji below that represents your current emotions.</th>
<th>How are emojis helpful in communicating our emotions?</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
SELF-REGULATION

Refer to the values list below and circle every value you consider important. Next draw a square around the two you think are the most important. To help determine this, you can ask yourself which two values best define who you are and how you want to show up every day.

List of VALUES

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grate
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:
After you have identified your two most important values consider how you have lived those values.

**Example:**

Value: Kindness
Two behaviors that support this value: Doing things for others without expecting anything in return and listening when someone is talking.

**Value #1:**

What are two behaviors that support your value?

What's an example of a time when you were fully living into this value?

**Value #2**

What are two behaviors that support your value?

What's an example of a time when you were fully living into this value?
Complete these ideas shared in the video:

- Empathy fuels ________________, Sympathy drives ________________

- Four qualities of empathy include:
  1
  2
  3
  4
  - Empathy is a ________________ choice.
  - Rarely, if ever, does an empathic response begin with “______________.”
  - Rarely can a response make something better, what makes something better is ________________.

Use Dictionary.com to look up the definition of empathy and the definition of sympathy. Fill in the blanks for the definitions:

**Empathy**
- the psychological identification ________________ or ________________
  ________________ of the ________________, ________________, or
  ________________ of ________________.

**Sympathy**
- harmony of or ________________ in ________________, as between persons
  or on the part of one person with ________________ to ________________.

**It is easy to confuse sympathy with empathy.**

- Sympathy is I feel bad FOR you.
- Empathy is I feel WITH you.

Watch the following link of short animation narrated by Brené Brown to learn more about the difference between empathy and sympathy. 

Select one question and answer it in the box below.

-Question #1-
When you were on the receiving end of an empathic miss, how did it feel?

-OR-

-Question #2-
When you have missed or messed up empathy with a friend, how did it feel?
Knowing what you know now, what would you do differently?
Take the quiz, linked to the right, to help you evaluate your speaking, listening, writing, and reading skills. Then, report your score and interpret your results in the tables.


Take the quiz, linked to the right, to help you evaluate your speaking, listening, writing, and reading skills. Then, report your score and interpret your results in the tables.

Score Interpretation

<table>
<thead>
<tr>
<th>Highlight Your Range:</th>
<th>Summarize what you learned about your Communication Skills.</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 - 35 Needs Work</td>
<td></td>
</tr>
<tr>
<td>36 - 55 Capable</td>
<td></td>
</tr>
<tr>
<td>Communicator</td>
<td></td>
</tr>
<tr>
<td>56 - 75 Excellent</td>
<td></td>
</tr>
</tbody>
</table>

Do you agree with your results? Why or why not?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Complete the following sections of notes on how to improve the communication skills assessed in the quiz.

1. **The Source - Planning Your Message**
   Remember “KISS” = ______________________ & ______________________.

2. **Encoding - Creating a Clear, Well-Crafted Message**
   It is important to consider not only what you'll ______________________, but also how you think the recipient will _________________ it.

3. **Choosing the Right Channel**
   When choosing the right channel for your message, consider the following:
   - 
   - 
   - 
   - 
   - 

4. **Decoding - Receiving and Interpreting a Message**
   Active listening includes looking at the person, paying attention to his or her body language, avoiding distractions, nodding and smiling to acknowledge points, occasionally thinking back about what the person has said, allowing the person to speak, without thinking about what you'll say next, and not interrupting.
   Which one of these active listening actions is most difficult for you and why?

5. **Feedback**
   Why do we need feedback in communication?
View this motivation video. https://www.youtube.com/watch?v=9EyVQObSxho&feature=emb_logo

The video discusses intrinsic and extrinsic motivation, as defined here:

**Intrinsic motivation** — motivated by "internal" factors to meet your own personal needs. Things we do because we enjoy them, not because we have to. Ex: Hobbies

**Extrinsic motivation** — motivated by "external" factors that are given or controlled by others. Things we do because it provides money, grades, or praise. Ex: School

Which motivation do you feel most impacted by? Explain why.
To build on your motivation, take time to write yourself a permission slip.

Brené Brown describes a key concept of permission slips like this:

“Permission slips give us a practical and familiar way to think about what might get in the way of us talking about how we feel, asking for what we need, or trying something new. Their primary function is to serve as explicit intention setting.”

Examples:
- I give myself permission to ask questions even if it feels awkward.
- I give myself permission to collect my thoughts before speaking.
- I give myself permission to tell others that I am feeling nervous.

Write your own permission slip here: