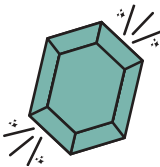
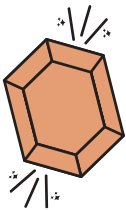
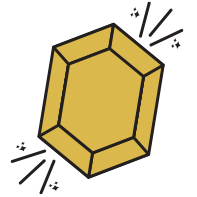


Montana FCCLA's

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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DEFINING EI



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



https://www.youtube.com/watch?time_continue=7&v=n9h8fG1DKhA&feature=emb_logo

1 What is Emotional Intelligence?

2 Why is emotional intelligence important?

3 How can emotional intelligence be developed and improved?



SELF-ASSESSMENT



Follow this link to complete a personal assessment for emotional intelligence.



<https://www.mindtools.com/pages/article/ei-quiz.htm>



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

1 Report and reflect on your results below.

Calculated Total Score:



Score Interpretation

Highlight Your Range:	Summarize what you learned about your EI score.
15 - 34 Needs Work	
36 - 55 OK	
56 - 75 Great	



2 *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.

★ OR ✗	Qualities of Emotional Intelligence
	Self-Awareness (Questions 1, 8, 11)
	Self-Regulation (Questions 2, 4, 7)
	Motivation (Questions 6, 10, 12)
	Empathy (Questions 3, 13, 15)
	Social Skills (Questions 5, 9, 14)

3 *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=ZToicYcHIQU>

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/>



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).

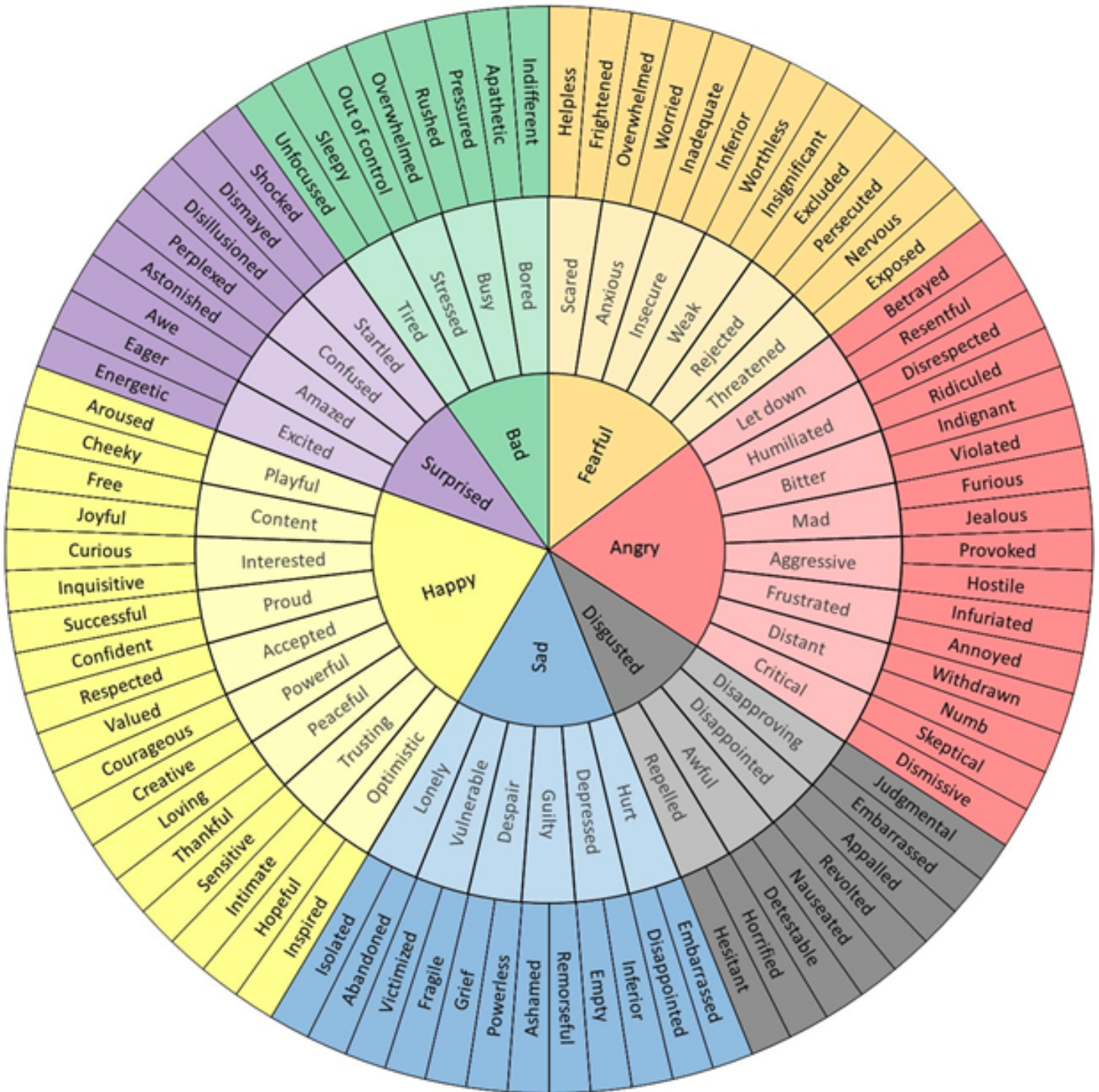
[https://www.psychologytoday.com/us/b](https://www.psychologytoday.com/us/blog/contemporary-psychoanalysis-in-action/201605/why-do-we-use-emojis)

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

[log/contemporary-psychoanalysis-in-action/201605/why-do-we-use-emojis](https://www.psychologytoday.com/us/blog/contemporary-psychoanalysis-in-action/201605/why-do-we-use-emojis)

Insert or Draw on emoji below that represents your current emotions.	How are emojis helpful in communicating our emotions?

Feelings Wheel





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





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 some 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?





EMPATHY




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.  <https://brenebrown.com/daring-classrooms/rsa-short-empathy/>

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 _____.

● ●

Question #1

-OR-

Question #2





SOCIAL SKILLS



Communication Skills are key to socialization.

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.



https://www.mindtools.com/pages/article/newCS_99.htm

Calculated Total Score:



Score Interpretation

Highlight Your Range:	Summarize what you learned about your Communication Skills.
15 - 35 Needs Work	
36 - 55 Capable Communicator	
56 - 75 Excellent	

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?





MOTIVATION



1

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.



2

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:

