

# THE #1 SKILL YOU MUST MASTER IF YOU WANT TO LIVE THE EPIC LIFE

Your **Emotional Intelligence** has more to do with YOUR success in life than any parameter we can measure! Either YOU are in control of your emotions or your emotions are in control of you.

**Emotions** STOP you doing the activities that create the life you WANT!

Therefore MASTERING YOUR EMOTIONS is the **#01** most important skill you can master.

Why??? Because If YOU Can Master THIS Skill You Can MASTER All Others!

It's the difference between the 97% and the 3% who become success stories in life!

There are...

## 3 FACTORS AFFECTING EMOTIONAL INTELLIGENCE

**1. BELIEFS** (Self Talk) The stories you tell yourself determine the actions you take!

**2. EVALUATION** (of events) Your interpretation of your environment determines how you respond in the face of adversity...

**3. THINKING ACCURATELY** (How you think about the effort/challenges required to create the life you want) This determines whether you find the time/resources to get what you want or find an excuse for why you can't.

# IT'S ALL ABOUT WHAT YOU THINK...

Every emotion you have **follows** THOUGHT...

Thoughts **CREATE** Emotions!

What **YOU** think has **MORE** to do with how you **feel** than What's HAPPENING

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."

— Marcus Aurelius —

Control your thoughts and you control your emotions

When your emotions are in control of you and it comes to the key activity that will create the life YOU WANT; You will ask yourself: **Is it convenient?** And find something you **feel** more comfortable doing.

When you are control of your emotions and it comes to the key activity that will create the life YOU WANT; You will ask yourself: **Is it worth it?** And find yourself doing the very activity that scares you, that's inconvenient, despite how you feel, the life you WANT is priority!

So The Question Is...

## HOW DO YOU MASTER YOUR EMOTIONS?



Here Are **5 QUESTIONS** in 3 STEPS You Ask Yourself To:

## SHIFT FROM PROCRASTINATING TO TAKING ACTION TOWARDS SUCCESS

Doing THIS IS Controlling Your Thoughts Which Will In Turn Determine The Emotions You FEEL!

### STEP 1 | IDENTIFY

Q1 What/How Are You Feeling?

Q2 How Did That Feeling Arise? (In other words what TRIGGERED it...?)

(INTERNAL: Thoughts/Values/Expectations/Distortions)

(EXTERNAL: Food/Music/Environment)

### STEP 2 | MANAGE

Q3 What Information Does This Feeling Carry?

What's the lesson here? Is there a message an adjustment/improvement to be made? A Challenge to be overcome? Is this something to avoid/confront?

### STEP 3 | MOTIVATE

Q4 How Do You WANT To Feel?

Q5 What Do You Need To DO To FEEL How You WANT To Feel?

The Answer here is almost ALWAYS **ACT AS IF**

**ACT** as if you ALREADY **FEEL** Like doing the thing which will create the life you want!

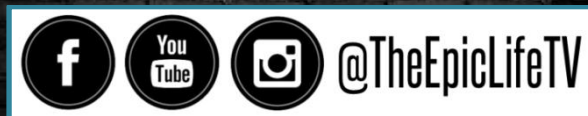
## MOTION CREATES EMOTION

Do the thing and you will have the power to do the thing. If you wait until you feel like taking action like 97% of people do. You will only do it enough to have the life 97% of the world lives. The 3% do things when they don't feel like it and they do it so often they DO feel like doing it, it becomes habit and their habits create the life they want!

# WHAT DO YOU DO NOW ???

IF YOU ARE REALLY SERIOUS ABOUT MAKING  
EMOTIONAL INTELLIGENCE A HABIT THAT STICKS  
PERMENANTLY HERE'S WHAT YOU NEED TO DO NOW:

## STEP 1 | FOLLOW US:



**YOUTUBE**

CLICK TO FOLLOW ↑

**INSTAGRAM**

CLICK TO FOLLOW ↑

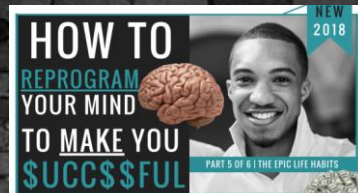
**FACEBOOK**

CLICK TO FOLLOW ↑

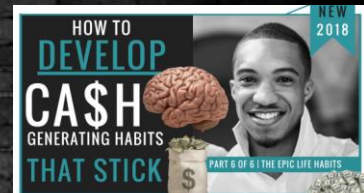
## STEP 2 | WATCH THESE 2 VIDEOS BELOW:



- CLICK THUMBNAIL TO WATCH -



- CLICK THUMBNAIL TO WATCH -



- CLICK THUMBNAIL TO WATCH -

## STEP 3 | KEEP AN EYE ON YOUR EMAILS FROM:

**'MR. O | THE EPIC LIFE'**

