

10 Practical EQ & IQ Exercises

A Reward for Your Dedication—A Holistic Path to Health, Love & Career

Introduction

Welcome to your **Euno-Praxis & Nexus Toolkit**—a carefully crafted collection of ten exercises designed for people who want to fuse **Emotional Intelligence (EQ)** and **Intellectual Intelligence (IQ)** into a single, powerful life strategy. These exercises respect your busy schedule, leverage real-world examples, and reflect our holistic philosophy: **health, love & career are interconnected, not interchangeable**. Use them to expand self-awareness, sharpen your mind, and balance personal wellbeing with professional achievement.

Emotional Intelligence Exercises

1. Heartbeat Pause & Label

Time: 2 minutes

1. Sit quietly, hand over heart.
2. Breathe in for 4 counts, out for 6.
3. Silently name your emotion (“anxious,” “grateful”).
4. Jot one sentence on its trigger and next action.

2. Empathy Story Swap

Time: 10 minutes

1. Recall a recent conflict.
2. Write a 2-minute monologue from the other person’s perspective.
3. Share it with them and ask, “Did I get close?”
4. Discuss adjustments—deepening mutual understanding.

3. Gratitude Micro-Moments

Time: 5 minutes daily

1. Each morning, list three small wins.

2. Spend 30 sec reflecting on each.
3. Notice how small joys reshape your mood.

4. Boundary Articulation Script

Time: 10 minutes

1. Identify one area of overwhelm.
2. Draft: “I value our work; I need X time to finish Y. Can we schedule Z tomorrow?”
3. Practice aloud; use in real conversation.

5. Playful Re-Connection

Time: 1 hour weekly

1. Plan a “play date” with your partner or friend—game, dance-off, improv.
2. Alternate planner role each week.
3. Notice laughter, closeness, and stress relief.

Intellectual Intelligence Exercises

6. Five-Why Business Drill

Time: 15 minutes

1. Choose a real challenge (missed deadline).
2. Ask “Why?” five times to uncover root causes.
3. Propose two data-driven solutions.
4. Review outcomes after implementation.

7. Passion-Project Pitch

Time: 20 minutes

1. Select a passion (tech, art, social cause).
2. Write a 1-min pitch: problem, solution, call to action.
3. Record & self-evaluate clarity, confidence, warmth.

8. Knowledge Micro-Bursts

Time: 10 minutes daily

1. Pick a weekly theme (AI, nutrition).
2. Read an article, watch a short video, or review flashcards.
3. Summarize one key takeaway in 1–2 sentences.

9. IQ + EQ Integration Journal

Time: 5 minutes daily

1. Create two columns: “IQ Insight” and “EQ Insight.”
2. Each evening, fill one entry per column.
3. Reflect weekly on patterns and action steps.

10. Strategic Time-Block Blueprint

Time: 30 minutes weekly

1. Map out your week into three blocks:
 - **Deep Focus (IQ):** 60–90 min project sprints
 - **Recharge (EQ):** 30 min mindfulness or walk
 - **Connection (Holistic):** 1 hr mentor/peer check-in
2. Schedule & protect these blocks in your calendar.

AI & You: Enhancing—but Not Replacing—Your Growth

- **AI Strengths:** Rapid data analysis, personalized prompts, schedule automation.
 - **Human Strengths:** Empathy, moral judgment, creative insight.
- Use AI tools (mood-tracking apps, writing assistants, calendar bots) to support these exercises—but let **your own heart and mind** lead the journey.

Next Steps & Call to Action

You've completed the **preview** of our 10-exercise toolkit. For **worksheets**, **reflection prompts**, and **bonus drills**, download the full PDF at:

 <https://www.changeacademywithelena.co.uk/courses>

Subscribe: <https://www.youtube.com/channel/UCvv0JRAV9bkiD78WIN8JCZg>

Subscribe now—our comprehensive **EQ + IQ Mastery Course** launches tomorrow, and early-bird enrollment is just a click away. Let's build your Nexus together!

“When you blend heart and mind, you become unstoppable.”
— Dr Elena Carruba