



HOW TO PROGRAM A BELIEF REGARDING YOUR EMOTIONAL INTELLIGENCE:

Note: Use the worksheet for the tutorial to identify, define, and program your beliefs.

It is important that you use your own words and expressions! Write as you think!

1. Go to a quiet place, relax, and activate your I-frequency. Think of someone you love or something you love.
2. Think about how you use your emotional intelligence in encounters with people, in different situations or areas of life. To what extent can you put yourself in people's shoes and build an emotional bond with them? Observe how you feel, e.g. when you think about how you see or assess certain people in your environment? How does your I-frequency react when you tell yourself that you have a high level of emotional intelligence and can relate to people very well?



YOUR I-FREQUENCY BECOMES STRONGER

3. If you feel good because your I-frequency is getting stronger, analyze the content of your thoughts. How do you feel about your ability to relate to people, to recognize and understand their emotions? What words do you use? Why do you feel good when you think about it.

Write down a few key points under ① in the worksheet.

This section describes how you have thought up until now.

4. Think about whether you want to continue thinking this way or whether you want to optimize your thoughts a little more so that you feel even better and express even more love and self-confidence when you think about your emotional intelligence.

Once you are clear about how you want to think, write down your thoughts under ⑤ in the worksheet.

This section describes how you want to think now.

Continue here with point 5.



YOUR I-FREQUENCY BECOMES WEAKER

3. If you don't feel good or your I-frequency drops, you have identified an unfavorable belief. This belief expresses in some way that you cannot relate well to people, that you are somehow limited or that you doubt yourself. Try to find out on which topic you are losing your I-frequency and analyze the underlying thoughts of your belief. How are you still expressing absence, separation, lack or wanting (fear)?

Write down these thoughts under ① in the worksheet.

This section describes how you have thought up until now.

4. Now define thoughts for your new belief system that express the presence of a profound emotional intelligence. Formulate thoughts that match your level: Statements that you can think and feel without resistance, i.e. your I-frequency remains constant or improves. Not all the way to the top!

Write down this content (as bullet points) under ⑤ in the worksheet.

This section describes how you want to think now.

Continue here with point 5.



5. Next, formulate how you want to feel when you apply your emotional intelligence and write it down under ②.

6. Then formulate what you would like to perceive when you apply your emotional intelligence, i.e. interact with other people, and write it down under ③.

7. Combine the points ② and ③ into one single statement (can be several sentences) and write it down under ④.

8. Combine the statement under ④ with the content for your new belief under ⑤ (into a statement!) and write it down under ⑥.

9. Write down your belief in as many places as possible. Write little notes and hang them up. Write the belief in a notebook and carry it with you at all times. The aim is to remind yourself of your new belief as often as possible.

You can also create reminders for yourself, such as small colorful dots or other symbols that you stick everywhere. These will subconsciously remind you of your new belief.

Be creative!

10. Think exclusively about this new belief! Think it as often as possible, e.g. when you interact with people - or with yourself! Also apply the belief when you notice that your I-frequency is dropping because you are still a little unsure whether you can rely on your emotional intelligence - it is strongly developed. Whenever the topic is relevant.

11. You should take action! Start and stay disciplined until your new belief is programmed and you realize that your emotional intelligence is stronger than before and you realize that you are always right when you assess people and find it easier to view life with their eyes!

Check your I-frequency (feeling good) regularly and correct your belief if necessary.

12. Complete additional tutorials, as everything is connected and your skills influence each other. It is therefore very important that you work on all your skills and achieve a high level of proficiency.

Your I-frequency shows you at any time where there is still room for improvement.

Listen to it!