


### Quadrants of Emotional Intelligence

	<b>Folly (Low EI)</b>	<b>EI Quadrants (Structure of EI)</b>	<b>Wisdom (High EI)</b>
<b>IntraPersonal Traits (Internal)</b>	The fool is not able to manage their own emotions, blame others for mistakes, refuse to listen to others, inability to cope with emotionally charged situations, emotional outbursts get in lots of arguments, lack empathy.	<b>Self Awareness:</b> The ability to identify and assess the emotions of others, groups, and control one's own emotions to promote emotional and intellectual growth. <i>(Know your emotions)</i>	The wise person has the awareness to manage their emotions, as well as their emotions to facilitate their thinking and understand emotions of others.
	The fool is emotionally out of control. They are quick to anger and show little restraint using their tongue to destroy others around them.	<b>Self Management:</b> The ability to control or redirect disruptive impulses and moods and the propensity to suspend judgment and think before acting. <i>(Manage your emotions)</i>	The wise person is self-controlled. They do not give in freely to their anger or act emotionally out of control.
	The fool is lazy, lacking in intrinsic motivation. They lack diligence, perseverance, and traits that will lead them to working hard and being prepared for rainy days.	<b>"Motivation":</b> A passion to work for reasons that go beyond money or status and a propensity to pursue goals with energy and persistence. <i>(Intrinsic Motivation &amp; personal satisfaction)</i>	The wise person is diligent, faith, vision and becoming the best version of themselves are their motivators. There is very little concern with outside motivators or influences.
<b>InterPersonal Traits (Between Two or More People)</b>	The fool disregards the pain of others, even the pain caused by themselves. They live like a beast according to their animal instincts. They do not care about others around them.	<b>Social Awareness:</b> Recognize and understand other people's emotions and harness those emotions for the betterment of the team. <i>(Empathy, Situational &amp; Organizational Awareness)</i>	The wise person cares for the plight of others. They are compassionate and kind towards those less fortunate.
	The fool brings pain to their parents and all those around them. They leave a wake of relational devastation behind them.	<b>Relationship Management:</b> Proficiency in managing relationships and building social networks. <i>(Trust, Inspirational Leadership, Teamwork, Collaboration, Social Skills)</i>	The wise person has the trust of others and their mentors. They often prosper and rule over the foolish.