

DR. Z'S FOUNDATIONS OF EMOTIONAL INTELLIGENCE

Financial Health

- Live beneath your means.
- If you can't afford cash, why can you afford it on credit at 20% more?

Mental Health

- Take time to be alone every day.
- For fast-acting relief, try slowing down.
- Take one day at a time. There's always enough worry for one day without taking on more.
- Keep your perspective. It isn't difficult to make a mountain out of a molehill; just add a little dirt.

Spiritual Health

- There are no shortcuts to any place worth going.
- Keep a folder of your favorite Scriptures on hand. Read them.
- Forget unethical shortcuts. Character is much easier kept than recovered.
- Every night before bed, think of one more thing you're grateful for that you've never been grateful for before.

Physical Health

- Nothing tastes as good as thin feels.
- To avoid sickness, eat less. To prolong life, worry less.
- Get enough rest. Almost everything works out better with adequate rest.
- Eat right. Respect your body. You're going to live in your body the rest of your life.
- Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

Goal Accomplishment

- To get to the top, get off your bottom.
- The secret to getting ahead is getting started.
- Work hard. The harder you work the luckier you get.
- It only takes one person to change your life -- you.
- What losers call adversity, winners call opportunity.
- The difference between ordinary and extraordinary is that little extra.

Communication Competence

- Passion persuades.
- Talk less. Listen more.
- Smile. A smile is a little curve that sets things straight.
- K.M.S. Keep mouth shut. This single piece of advice can prevent an enormous amount of trouble.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Take a stand. Standing in the middle of the road is dangerous. You will get knocked down by the traffic from both ways.

Personal-Professional Growth

- Don't go through life; grow through life.

- Make the mistakes of yesterday your lessons for today.
- Remember you are not your past. You are your potential.
- It's impossible to learn what you think you already know.
- Listen to something while you're driving that improves your quality of life.
- Write down creative ideas, insights, and inspirations so you don't have to learn them all over again.
- Keep on learning. Learn something new every day. Never let the brain be idle. An idle mind is the devil's workshop.

Time Management

- Time flies, but remember, you are the navigator.
- Allow extra time to do things and to get to places.
- Do it now. One of these days is none of these days.
- Do something today that will simplify and unclutter your life.
- Get up on time so you start the day in peace rather than panic.
- Say "no" to projects and people who will compromise your mental health.
- Get organized so everything has its place and everything is in its place.
- Have backups: an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.

Emotional Health

- Enjoy the simple things.
- Action is the antidote to despair.
- Keep your confidence up and your ego down.
- Do something for the kid in you every day.
- Don't count the days; make the days count.
- Laugh. Laugh some more. He who laughs, lasts.
- Tears are okay. Endure, grieve, and move on. Be ALIVE while you are alive.
- Focus more on moments, less on time. Life is not measured by the number of breaths we take but by the moments that take our breath away.

Relationship Management

- To belittle is to be little.
- The best way to get even is to forget.
- You can multiply happiness by dividing it.
- They serve themselves best when they serve others most.
- Be kind to unkind people. They probably need it the most.
- If you're tired of the rat race, stop associating with rats.
- Tell the people you love that you love them, at every opportunity.
- Offer more grace. Most people find fault like there's a reward for it.
- Develop a forgiving attitude. Most people are doing the best they can.
- To forgive is to set the prisoner free, and then discover the prisoner was you.
- If you lend someone \$20 and never see him again, it was probably worth it.
- Successful marriage isn't finding the right person. It's being the right person.
- To whatever extent possible, keep only cheerful friends. The grouches will only pull you down.
- People may not remember exactly what you did, or what you said, but they will always remember how you made them feel.



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