

Is there a part of yourself that you need to listen to more?

Pick a day or a week, or think of a significant decision you made in the past. Jot down what you notice about your reactions when you are making choices and decisions against the three intelligences below:



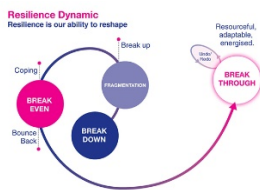
Noticing your emotional reactions & feelings



Noticing your thought process, logical analysis



Noticing your deep instincts, body reactions – feeling sick to the pit of your stomach; it just didn't feel right; I knew I should have done something



Notice your resilience level at the time.

How are you using your three different intelligences to inform your judgements?

How does this relate to your resilience level?