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10 Emotionally Intelligent Ways to Use Drive Time

By Susan Dunn

10 Emotionally Intelligent Ways to Use Drive Time by Susan Dunn, The EQ Coach

Safety first whenever you're in the car, but for most of us, it's a pocket of time, and time is what we have the least of. Know yourself. If you're the kind who can't do two things at once, don't.

Driving time can be a great source of stress if you let it be, but if you are intentional, and creatively think of new ways to use the time, you'd be surprised what a difference you can make in your own life.

If you can handle multi-tasking, here are some ways to make use of your car time constructively.

1. Listen to inspirational and motivational tapes.

This is a great way to reduce the stress of driving and work on your attitude and self-talk. You could arrive at your destination quite inspired or motivated! Yesterday UI had a 5-hour drive home from a cruise. I used the time to listen to tapes I needed to hear in order to prepare for a teleclass I was presenting this coming week. Worked great.

2. Listen to your favorite tape.

This is a time when you can reward yourself and do something you enjoy. Keep your favorite tapes in the car and think of it as "my time to enjoy". Better yet, record your own tape of special favorites.

3. Meetings.

When my oldest son was in college, our conversations were often like this: How are you? Fine. What's going on? Nothin' much. I always made it a point to drive him back to Waco (from San Antonio). About 30 minutes down the road, he would open up and start talking. Car time is good for family, friends and also colleagues. It isn't face-to-face, it's a good time to ease into sensitive subjects, it creates an opportunity, and the car often has a soothing effect on people. You'll get to know another side of someone you work with.

10 Emotionally Intelligent Ways to Use Drive Time

4. Phone calls.

With the right equipment, a phone call in the car is no more distracting than a conversation. I used to have to drive all over town giving presentations and was in the car a lot. I would call my secretary and go over the day, delegate, check in and dictate letters. She would read me emails. You can return quick calls from the office, and save longer ones for the car. I have a friend who's a busy lawyer who uses car time for social chatting. You only have so many hours during the day!

5. Dictate.

A car (or plane) frees up creativity for a lot of us. (The mechanics of driving occupy the left-brain, the big analyzer-paralyzer.) I first started using a recorder when I was marketing for property management companies. I could drive around the apt. complex noting things I later turned into proposals. There are all sorts of ways you can use a recorder. Keep one with you.

6. Catch up on the news.

Radio news is quick and to the point and a good use of car time.

7. Notice marketing!

Many of us are in marketing in one way or another. If you're an entrepreneur, as I am, you must be. Sometimes I devote the car ride to "noticing". I actively look at the billboards, bus bench ads, bus ads, and signage to see what's new. I notice what radio ads grab my attention and what storefronts attract my attention. Play consumer and see what gets through the fog.

When I'm driving downtown, I note the people — would I do business with this person? Look at hairstyles, dress, shoes. Notes your impressions; others will be ^noting their impressions^ about you!

8. Eat.

Next, you're thinking, I'm going to say "shave," but no. I just don't like to take a lot of time eating most days, and a banana in the car is the same as a banana at your desk. Just a way to kill two birds with one stone. I keep bottled water, V-8, and little bags of peanuts, raisins and trail mix in my car.

9. Think.

Now that's a novel concept. Plan the rest of the day, plan a vacation, sort through some topic, ponder whether modern brain science really operates according to an outmoded 19th century model of science that has been proven invalid by quantum physics or not, or think about pleasant memories. It can be a creative time, like those ideas that pop into your head in the shower.

10. Practice relaxation and positivity.

10 Emotionally Intelligent Ways to Use Drive Time

Make it a game to scan the environment for pretty and pleasant things – people enjoying themselves, flowers, nice architecture. Too often we focus on the negative. Relax different muscles in your body at the stop lights. Give yourself some positive self-talk. Practice intentionality -- plan what attitude you intend to have when you arrive at your destination and why.

Safety first in the car!

Susan Dunn, The EQ Coach, offers individual coaching and Internet courses on emotional intelligence for increased profitability, success and happiness. Visit her on the web at www.susandunn.cc and <mailto:sdunn@susandunn.cc> for FREE ezine.

The Top 10 Ways to Have an Emotionally Intelligent Night Before Christmas

By Susan Dunn

Use your EQ skills to have an enjoyable and manageable Christmas! With thanks to Clement Clark Moore.

1.

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there.

Keep Intentionality and Focus in mind. Christmas adds another full-time job to our already busy schedules. Your Intent, no doubt, is to have a good Christmas while keeping all the other balls in the air and not ending up exhausted or with debt you don't want. Focus on Christmas and everything else in its turn, and get those stockings hung by the chimney with care.

2.

The children were nestled all snug in their beds,
While visions of sugar plums danced in their heads.
And Mama in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap.

You need reserves to keep your resilience and stamina up. Take good care of you , your loved ones and your workers -- lots of sleep, but also lots of snuggling. It's not emotionally intelligent to damage a relationship because of Christmas stress. Emotions will be on high, so soothing tones and "visions of sugar plums" -- optimistic thoughts -- will help. Your attitude makes it a happy Christmas.

3.

When out on the roof there arose such a clatter,
I sprang from my bed to see what was the matter.
Away to the window I flew like a flash,
tore open the shutter, and threw up the sash.

10 Emotionally Intelligent Ways to Use Drive Time

"Springing," reacting to new things is normal, but don't forget to slow down your "wondering eyes." It's emotionally intelligent to take a second look, or to count to ten. Don't just react — take a close look at what's going on, give it some thought, collect yourself, and then respond.

4.

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.

Use your EQ to read the nonverbal signals of people so you can find out what their strengths are and

"who" they are. Try the StrengthsFinder profile on my website. If Santa's "lively and quick," he doesn't belong in the Quality Control Dept. Let him, well, deliver gifts on Christmas!

5.

And he whistled and shouted and called them by name:
"Now Dasher! Now Dancer!
Now, Prancer and Vixen!
On, Donner and Blitzen!

There is magic in our names, and good leaders, parents and lovers know this. If you want to have impact on someone, use their name. And first of all, be emotionally intelligent enough to learn the names of everyone you interact with. If you can't remember someone's names, why would they want to work for you?

6.

To the top of the porch!
To the top of the wall!
Now dash away! Dash away

Make your wants and needs known. If you want your husband to help with the tree, tell him. Most people prefer to be told what to do, not how. If you want your daughter to finish her Christmas gifts by a certain time, tell her. If you want an electric appliance for Christmas, say you. You won't always get what you want, but you'll never get it if you don't ask and then make it clear.

7.

His eyes—how they twinkled! His dimples, how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard on his chin was as white as the snow.

Emotionally intelligent people use descriptive metaphors and similes in their speech. They tell stories, use myths, and draw on pictures to get information across in ways that touch other people.

8.

He had a broad face and a little round belly,

10 Emotionally Intelligent Ways to Use Drive Time

That shook when he laughed, like a bowl full of jelly.
He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself.

A sense of humor can be the saving grace during the holidays. Emotions are contagious, so you be the one to laugh like a jolly old elf, and watch others laugh in spite of themselves. Under pressure, humor works better than yelling.

9.

A wink of his eye and a twist of his head
Soon gave me to know I had nothing to dread.

We all wonder and worry about other people. Use a wink of an eye and a twist of a head -- and lots of other nonverbal expressions and gestures -- to let people know what you're like, how you feel, and who

you are, so they can relax. It eases tension, saves a lot of exploratory time, and makes effective leaders -- whether CEOs or Moms or Dads.

10.

He spoke not a word, but went straight to his work,
And filled all the stockings, then turned with a jerk.

Here it is again -- intentionality. Speak not a word, but go straight to your work! No randomness allowed. Be honest about your motivations. If you intend to have a happy Christmas, then have one. If you intend to have an unhappy one and be stressed, irritable, unpleasant, spend too much and pick fights with relatives, have one; but don't be sloppy and have a bad one when you intended to have a Merry one.

Then you and those around you can exclaim:

Happy Christmas to all, and to all a good night.

©Susan Dunn, MA Clinical Psychology, cEQc, The EQ Coach™, <http://www.susandunn.cc> . Emotional Intelligence coaching, teaching, training, and assessments. Susan is the author of "How to You're your Life with Emotional Intelligence and other eBooks available at <http://www.webstrategies.cc/ebooklibrary.html> . Mailto:sdunn@susandunn.cc for FREE eZine.

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Raising Emotionally Intelligent Sons
How to Get the Relationship You Want
Who is Going to Do the Worrying?
What Does It Take to Make a Commitment?

How Nice Guys, Shy Guys and Good Guys Finish First!

File Resource Meter Software
147 Killer Epublishing Strategies
62 Ways To Beat The Gas Pump Monster
Baby's First Year –What Parent Needs To Know



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