

— THE PRACTICE OF EMOTIONAL INTELLIGENCE



15 HARD STATEMENTS

that will raise your EQ

WARD & DEAN

Swipe →



01 TAKE ACTION

"Action is the antidote to anxiety." — small steps cut overwhelm faster than thinking ever will.

02 TIME IS LIMITED

"You get 4,000 weeks — stop waiting." — delay feels safe, but it's the most expensive habit.

03 CHOOSE YOUR ENVIRONMENT

"Notice who brings out your best self." — your circle quietly shapes your standards.



04

PROTECT YOUR ENERGY

"Your wellbeing outranks obligation." — saying no protects your capacity for what matters.

05

GROW THROUGH DISCOMFORT

"Growth happens when you feel unqualified." — you don't become ready, you become.

06

FACE WHAT YOU AVOID

"What you're looking for is almost always" — behind what you don't want to look at.



07

STOP DELAYING

"Delay makes everything harder." — waiting adds weight to simple actions.

08

DROP APPROVAL ADDICTION

"Seeking approval is the most dangerous trap." — you lose yourself the moment you chase it.

09

REST BEFORE BURNOUT

"Rest is a necessity, not a reward." — recovery is what actually drives performance.



10 INVEST IN WHAT COMPOUNDS

"Health and learning pay forever." — everything else fades over time.

11 DON'T FAKE OPINIONS

"It's okay not to know." — credibility grows from restraint.

12 TAKE OWNERSHIP

"No one is coming to save you." — progress starts when agency does.



13 BUILD BETTER HABITS

"Your habits shape your life." — small actions create long-term identity.

14 PLAY THE LONG GAME

"Discipline is future over present." — comfort always competes with growth.

15 SET BOUNDARIES

"The right people respect them." — boundaries protect your best work.



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