

A group of four people (three men and one woman) are laughing and clapping outdoors. The image is dimmed and serves as a background for the text. The text is centered and reads:

20 Ways To Boost Your Emotional Intelligence

Tip #1

Engage in Stress-Relieving Activities

Find an activity that helps you relieve stress.

This could be yoga, meditation, running, or hitting the speed bag. Find what works for you.

Tip #2

Don't Judge

Identify your judgmental thoughts and pause before judging in the future.

Tip #3

Stop Always Trying to Be Right

Rather than always trying to win and be right,
do what you can to put kindness first.

Tip #4

Recognize Your Emotions

Learn what is causing your emotions and find a healthy way to deal with them.

Tip #5

Learn to Take Criticism

Understand that some criticism is necessary and learn how to make changes and adapt your performance.

Tip #6

Acknowledge and Accept Your Weaknesses

For higher emotional intelligence, you need to accept your weaknesses and learn from them instead of denying they exist.

Tip #7

Master Your Listening Skills

Try to actively listen to others rather than waiting for your turn to talk. Remember what they are saying and wait until they are finished before you respond.

Tip #8

Admit When You're Wrong

Learn how to admit your mistakes and learn from them, rather than simply sweeping them under the rug.

Tip #9

Listen to Other's Suggestions

Learn how to not only listen but consider other people's experiences and the information they provide to become more emotionally attuned with those around you.

Tip #10

Learn to Express Negative Emotions Calmly

Learn how to explain what you are feeling and work through those emotions without an emotional outburst is critical for increasing emotional intelligence.

Tip #11

Question Your Opinions

Learn why you hold onto your strongly-held opinions and determine whether or not they are accurate.

Tip #12

Learn to Say No

You need to start to understand your emotional limits and allow yourself to say no to new experiences.

Tip #13

Recognize Your Reactive Impulse

Try to understand your reactive impulses when your feelings get hurt. Instead of reacting impulsively, take some time to calm down before you respond.

Tip #14

Acknowledge Other's Feelings

Practice recognizing other's emotions and understand that you aren't the only one who matters.

Tip #15

Recognize Your Motives

Understanding your motivations and taking a step back to try and think what is really behind your emotions can go a long way in increasing your emotional intelligence.

Tip #16

Be Trustworthy

Work on your trustworthiness. Trust is a two-way street and is something that can open a world of healthy emotional relationships for you.

Tip #17

Understand That Feelings Change

Learn how to accept that the feelings others might have will evolve over time. Realize how and why your own opinions and those of others have evolved. It is also essential that you don't continue to stick to beliefs that no longer fit.

Tip #18

Allow Yourself to Be Vulnerable

Allow yourself to admit when you are feeling frustrated, hurt, scared, or sad. Being vulnerable is hard, but it is essential in boosting your IQ.

Tip #19

Learn from Failures

Treat your failures as learning tools instead of events that have sidetracked you on your journey to achieving your goals.

Tip #20

Learn to Apologize

An honest apology can make a significant difference when it comes to creating healthy relationships. Learning how to acknowledge when you're wrong and offer a genuine apology will make it easier for others to open up to you.