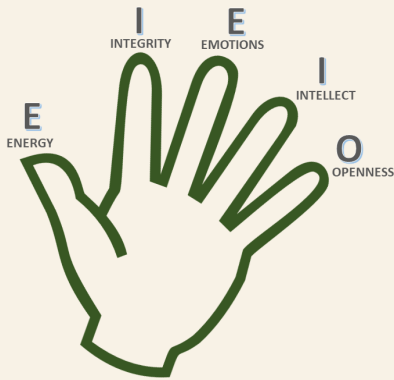




## THE E-I-E-I-O CHECKLIST

### HOW ARE YOU?



## ENERGY



- YOUR PHYSICAL WELLNESS
- YOUR MENTAL ENERGY
- ENERGY YOU SEND OR TAKE FROM OTHERS

## INTEGRITY



- YOUR PURPOSE
- YOUR BELIEFS
- YOUR VALUES

## EMOTIONS



- YOUR EMOTIONAL MANAGEMENT
- YOUR SOCIAL INTERACTIONS
- EMOTIONS YOU GIVE OR RECEIVE FROM OTHERS

## INTELLECT



- YOUR KNOWLEDGE AND EXPERIENCE
- YOUR COMPETENCIES AND SKILLS
- YOUR COGNITIVE EFFECTIVENESS

## OPENNESS



- YOUR CURIOSITY AND GROWTH MENTALITY
- YOUR ABUNDANCE MINDSET
- YOUR OPENNESS TO OTHERS