

# ★ THE QUICK START ★ LEADERSHIP CHEAT SHEET ★



EQ



## Key insights

### 7 Habits of Highly Effective People

1. **Place on things you can control**  
Concentrate on things you can control. Don't waste time worrying about things you can't control. Focus on what you can do to improve your situation.
2. **Practice empathy listening**  
To understand others, you must first understand yourself. Listen to others with empathy and without judgment.
3. **Balance your thoughts**  
Don't let your thoughts control you. Instead, let your thoughts serve you. Be mindful of your thoughts and choose them wisely.
4. **Develop your character**  
Character is the foundation of leadership. Develop your character by practicing integrity, honesty, and courage.
5. **Shift your personal mission statement**  
Your mission statement should be a source of inspiration and motivation. Shift it regularly to reflect your growth and goals.
6. **Never give advice unless asked**  
Offering advice without being asked is a sign of insecurity. Wait until you are asked for advice, and then offer it with humility and without judgment.
7. **Take responsibility**  
Take responsibility for your actions and the actions of others. Don't blame others for your mistakes. Instead, focus on what you can do to improve the situation.

## 7 HABITS OF HIGHLY EFFECTIVE PEOPLE



## Emotional Intelligence

### 3 Traits of Emotional Intelligence

- 1. **Self**  
The ability to recognize and understand your own emotions, and how they affect your thoughts and behaviors.
- 2. **Others**  
The ability to recognize and understand the emotions of others, and how they affect their thoughts and behaviors.
- 3. **Relationships**  
The ability to use your understanding of your own and others' emotions to improve your relationships and achieve your goals.

### Positive and Negative Effects of Emotion



START WITH NO

## Thinking Fast... Slow

### The System 1 and System 2 Thinking and Decision-Making Systems



- 1. **3 Traits of System 1**
  - 1. Automatic and fast
  - 2. Emotional and intuitive
  - 3. Prone to errors and biases
- 2. **3 Traits of System 2**
  - 1. Deliberate and slow
  - 2. Logical and analytical
  - 3. Prone to errors and biases

BY KEVIN BOX

## Key insights

### Thinking Fast and Slow

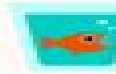
1. **Slow emotions aren't as reliable as your brain**  
Your brain is much faster than your emotions. Emotions are a lagging indicator of what is going on in your brain. Don't let your emotions control your decisions.
2. **Slow emotions aren't everything in life**  
Emotions are not the only thing that matters in life. There are many other factors that influence your decisions, such as logic, reason, and experience. Don't let your emotions control your decisions.
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## Key insights

### Emotional Intelligence

#### General Overview

1. **The secret of positive leadership**  
The secret of positive leadership is the ability to create a positive environment. This is done by focusing on the strengths of your team and encouraging them to do their best.
2. **Emotional skills improve our lives**  
Emotional skills are the skills that allow us to understand and manage our emotions. These skills are essential for a happy and successful life.
3. **Emotional intelligence supports your health**  
Emotional intelligence is the ability to understand and manage your emotions. It is a key factor in good health and well-being.
4. **Actions are driven by feelings**  
Our feelings are the driving force behind our actions. If we want to change our actions, we must first change our feelings.
5. **Go away from heated arguments**  
Heated arguments are a waste of time and energy. Instead, focus on finding a peaceful solution to your problems.
6. **Learn empathy from others**  
Empathy is the ability to understand and share the feelings of others. It is a key skill for building strong relationships.
7. **Teach children to cope with failure**  
Failure is a natural part of life. Teach your children that failure is not the end of the world, but a learning opportunity.
8. **Manage the emotional health**  
Your emotional health is just as important as your physical health. Take time to manage your emotions and keep them in check.



THINKING FAST AND SLOW



## Key insights

### Start with No

1. **Know what you want**  
Before you can say no, you must know what you want. Be clear about your goals and priorities.
2. **Set boundaries in negotiation**  
Set clear boundaries for your negotiations. Know what you are willing to give and what you are not willing to give.
3. **Never save the adversary**  
Don't save your adversary for a later date. Deal with them now and move on.
4. **Review all the instructions of**  
Review all the instructions of your adversary. Make sure you understand what they are asking for.
5. **The role of agendas in negotiation**  
Agendas are a key part of negotiation. Make sure you have a clear agenda and stick to it.
6. **Your leverage and their leverage**  
Know your leverage and your adversary's leverage. Use it to your advantage.
7. **What happens next?**  
Think about what happens next. Make sure you are prepared for any outcome.
8. **A good agenda should contain**  
A good agenda should contain all the key points of your negotiation. Make sure you cover everything.

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