



TOOLS FOR TRANSFORMATION™

YOUR QUARTERLY TUNE UP FROM GALBA BRIGHT & ASSOCIATES.
THE EQ CATALYST™.

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Happy Xmas/Happy Holidays

Can I ask: Where are you as you reading this Newsletter? There are Tune up your EQ readers in 122 different countries. Your religious and cultural traditions may be very different from the next reader. We are, however, united by a simple, undeniable fact. We all have emotions. The world becomes a better place when we manage them more effectively.

Thank you for your support this year and I wish you joy, peace and happiness during this Christmas/holidays period and throughout 2008.
Best Wishes



Galba Bright

Make 2008 Great - 5 Energizing EQ Tips

With 2008 looming, will you simply make some New Years resolutions in the same old way? How will you feel as they unravel, like an old, frayed sweater? Let's make next year your best year ever. Here are 5 Emotional Intelligence tips to get you started.

1. Stop multi-tasking. You may feel heroic, but it's grossly inefficient.
2. Know what you want. Get clear about what "success" means to you.
3. Choose 2 or 3 simple themes for 2008. Use them guide your goal-setting.

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Free Thriving on Change Assessment

Set a positive course for the coming year. Assess your resilience and ability to adapt.

<http://tuneupyoureq.com/learning-programmes/thriving-on-change-assessment/>

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Please Help Me Write The Tune up your EQ Tagline

What is Tune up your EQ all about? I'd like to have a tagline for the blog, something that sums up what it offers. I came up with:

"Simple Emotional Intelligence tips for a better life."

What do you think?

You've shaped what Tune up your EQ has become this year and I'd love to have your views. If you tell me what you think, **you could be one of the 3 winners of a free, confidential 45 minute Tune up your EQ coaching session with me.** If you have a blog, I'll also send you a link. If you don't have a blog, I'll send you a personalised "thank you" by email. We'll do the coaching by Skype (or by landline, if you're in Jamaica) and we'll choose the EQ topic beforehand. I'll pick the 3 winners at random.

What I'd Like You To Do

Before January 1st 2008:

1. Complete the description in less than 12 words.
2. Use this format:

Tune up your EQ - (your words here, no more than 12, please).

Email me, using the contact form at

<http://tuneupyoureq.com/blog/contact-me/>

or contact me by Skype. My ID is galbabright. It

will be great to hear from you. **Remember, I need**

your feedback before 1st January 2008. Thank you.

2007 Highlights, Part 1

Tune up your EQ was born in 2007 and it was an extremely eventful year. There are so many highlights that I'll just describe the writing projects in this issue.

- Wrote 167 articles at the Tune up your EQ Blog.
- Received Thinking Blog, Outstanding New Blog and Outstanding New Blog Awards.
- Wrote Emotional Intelligence and Leadership articles for Ellen Weber's **Brain Based Business Blog** <http://www.branbasedbusiness.com/>, **Cave Hill School of Business** and the **Global Leadership Summit** in Barbados.
- Authored an article on Emotional Intelligence and Customer Service for the **Jamaica Customer Service Association**.
- Wrote an Emotional Intelligence article for Priscilla Palmer's **Personal Development Kaleidoscope** e-book, to be published in 2008.

More Free Tune up your EQ Downloads For Xmas/Holidays

I've added 8 new free Tune up your EQ Knowledge Products to help you keep on tuning up your EQ. Download and print them. Share them with your friends.

The full list of free downloads is at <http://tuneupyoureq.com/tools-for-transformation/>

5 Little Known Ways To Increase Your Emotional Intelligence

Practice saying the following phrases aloud:

"I love you."

"I am sorry."

"Please forgive me."

"I was wrong."

"Thank you."

As you say each phrase, notice how you feel. Rate how comfortable you feel saying each of them on a scale of 1– 5, with 5 being the highest possible score.

Tune up your EQ Is Technorati's #1 Emotional Intelligence Blog

Technorati, the world's largest blog search engine estimates that 120,000 new blogs are created each day, that's 1.4 new blogs every second. I'm excited that Tune up your EQ is now Technorati's #1 Emotional Intelligence blog. It's ranked 29,043, amongst Technorati's list of 70 million blogs. Tune up your EQ has an authority of 199. I wrote over 160 articles, yet they didn't register on Technorati's radar. **This rating belongs to you and every other Tune up your EQ reader, because it's your interest and attention and the resulting comments that created this success.** You are the engine that drives Tune up your EQ's ranking and future. Let's continue this exciting emotional intelligence journey in 2008.

Make 2008 Great - 5 Energizing EQ Tips (continued)

4. Solve your problems while you're asleep. Last thing at night, ask yourself a question about a problem and expect an answer when you wake up.

5. Be persistent. Get clear about your themes and goals and you'll find the energy to keep going, no matter what.

Read the full article **22 Energizing Emotional Intelligence Tips** here:

<http://tuneupyoureq.com/2007/12/07/how-to-make-2008-your-best-year-ever-22-energizing-emotional-intelligence-tips/>

Download the article from this link. Print, copy and forward the full list to your friends and colleagues. Contact me and give me your feedback on the tips.

Catalyst's Corner

"Purposeful people are resilient"

Galba Bright, November 2007