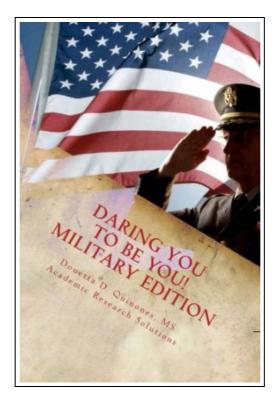
# Daring You to Be You! - Military Edition: Personal Development Begins from Within (Paperback)



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### Reviews

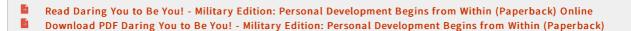
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# DARING YOU TO BE YOU! - MILITARY EDITION: PERSONAL DEVELOPMENT BEGINS FROM WITHIN (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Many researchers find that Emotional Intelligence (EQ) is more important than a person s intellectual aptitude in the evaluation of their ability to achieve happiness and success. The military promotes core values that is critical to the cultivation of EQ; however, traumatic events and other personal or professional experiences distorts the application of EQ in the military culture. This comprehensive journal is designed for you to increase your EQ to enhance personal development, productivity, and overall well-being as you overcome chronic symptoms relative to the combat zone experience. You can track your progress towards personal growth as you gain awareness of those subconscious attitudes, thoughts, and behaviors that sidetrack you from your daily, monthly, or yearly goals. You can boost your motivation to continue your progress through lessons learned on topics such as boundaries, fear of failure, exploring potential, and setting goals. This journal becomes your personal journal of achievement as you utilize the Year-In-Review to document your progress in achieving your goals. Daring You to Be YOU! is a personal development coaching series designed to help individuals to develop their emotional intelligence as they analytically construct and deconstruct their thoughts, emotions, and behaviors. Individuals are able to keep track of day-to-day reactions and activities, review their thoughts, and develop solutions as they go through the process of self-discovery. These coaching resource materials help to boost motivation as individuals consider lessons learned and what can be done to promote positive change in their life. The overall goal is to help the individual to overcome the fear of failure by framing setbacks and successes as opportunities for lessons learned. Each journal serves as a record of these experiences to create...



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