

Emotional Intelligence

Emotional Intelligence: 3 Reasons It's Your Master Key to Learning Quickly

Without emotional intelligence, your learning abilities may actually be doomed. With it, you can learn more easily and in a much more relaxed manner.

The 3 reasons emotional intelligence is critical for your learning:

Reason 1: It helps you overcome everything that slows down your learning...things such as low self-esteem, feeling stuck, "running away" from problems, and feeling anxious. [Click here for more.](#)

Reason 2: It's critical to your ability to navigate through material effectively. [Click here for more.](#)

Reason 3: It's what helps you clarify your purpose for learning. And when you know your purpose for learning, you move through learning materials much more quickly and confidently. [Click here for more.](#)

Let's look at all of these in a little more detail...

How To Use Emotional Intelligence To Seriously Speed Up Your Learning

First of all, most people's learning ability suffers and slows down because of problems in one or all of the following areas:

- * Low self-esteem. Trying to learn when you feel bad about yourself is like trying to run a race with a sixteen-pound bowling ball chained to your leg. If you try really hard, you can run the race. But the feelings of self-doubt will constantly bog you down. And you almost certainly will never reach the finish line.

- * Feeling stuck when you hit a problem. Now this is more like someone attached a hundred bowling balls to you and then fired the starter pistol! There's a lot of energy moving around in your brain, but "you aint going anywhere".

- * Plain out "running away" when you hit a learning problem. Now your just watching all the other people running the race (and what do you think this does to your self-esteem)?

- * Having feelings of anxiety. Anxious learners are easily distracted. They may be running the race, but they spend much of their time getting on and off the track. Not very efficient.

These are clearly problems that must be taken care of.

[Click here](#) to find out more on how to bolster your self-esteem, get out of stuck states, and move forward without anxiety. This is a very helpful, well-organized, information-packed site for developing your emotional intelligence to the fullest.

Or take a look at my personal favorite method for getting unstuck which I discuss in the article [Instant Stress Relief: How To Get Out Of Stuck States And Feel Good In One Second Or Less](#). It is a method well documented as effective by some of the world's leading universities such as Harvard and Columbia.

It's a very different and innovative approach to developing emotional intelligence. Short, sweet, easy, and brilliant.

I truly believe that this is one technique that outshines all others in its ability to clear any learning or emotional block you run up against. It's like having an automatic pilot that keeps you moving forward at lightning rates even when your will-power is running low.

It's what some like to call "the emotional intelligence fast-track."

To boost your emotional intelligence and your success now, [click here](#).

How To Use Emotional Intelligence To Navigate Through Material More Effectively

I use the word "Navigate" because successful learners are constantly checking their bearings through the use of their emotional intelligence. In fact, your emotional intelligence is the most sophisticated Navigation System in the world.

When you are in touch with your feelings and you use correct learning strategies, your subconscious mind will quickly take you through your learning materials in a way that is fastest FOR YOU.

Let's see how this works in the following 4-step scenario in which you sit down to read a five paragraph article:

Step 1: You start reading an article that is five paragraphs long.

Step 2: Something catches your eye about paragraph three that provides a feeling of well-being. often this happens, because your subconscious finds something in the article to help you solve a problem. And often what it finds is information that you can relate to something you already know.

Step 3: Now your attention is drawn to paragraph one. And it just so happens, that you couldn't have understood paragraph one so well had you not first read paragraph three (and remember, it was your emotional intelligence that led you to paragraph three).

Step 4: Now that you understand paragraphs 1 and 3, you suddenly see how to make sense of the whole article.

Can you see how this is better than just reading from start to finish? It's like putting together a jigsaw puzzle. It's much easier to fill in the empty spaces when you already have the more obvious pieces in place. However, a person reading the traditional way could easily get stuck for a long, long time at paragraph one.

Can you also see how another person's learning-path for this article might be different than yours? Since what we know is determined by our life and each person's life, can you see why what might be obvious for you is likely to be different for that other person? And more importantly, why each of you has a unique learning path!

So, the higher your emotional intelligence, the faster you find and get through your unique learning path. Click here to visit a remarkable site dedicated to helping you increase your emotional intelligence on all levels. You'll find lots of information on how to break through blocks, develop your mind, develop your intuition, and a whole lot more. I can't recommend it highly enough.

How To Use Emotional Intelligence To Clarify Your Purpose For Learning

It's true that you need to establish a clear purpose for learning. You get through material faster because you only go to parts that will solve your problem.

For example, if you need to know how to bake a chocolate cake, you don't need to read all of the pie recipes, too.

Most of learning is actually like that. You have something you do. You have books or other materials that can help you do it. But what you need out of those materials can be found in just a small part of them.

The key however, is really understanding your purpose. Because sometimes you may think your purpose is one thing, but it really is something else!

Here's an example...

Let's say you have an exam in a couple of days in a subject you don't particularly care for. So, you say to yourself, "my

purpose for studying is to pass the exam". But is that your real purpose?

What I'm getting here is that every purpose actually comes down to a feeling that you want. Maybe passing the exam will help you feel better about yourself. In that case if you define your purpose for studying as "to feel better about myself" you will probably feel much more motivated than if you define your purpose as "to pass the exam".

When you develop your emotional intelligence, you get to the true feelings that motivate you faster. In other words, developing your emotional intelligence can deliver huge results to you.

Now if you're already quite skilled at using your emotional intelligence as your main navigation system and want an even larger payoff (emotionally, financially, spiritually), I highly recommend you check out award-winning author John Harricharan's PowerPause system.

This is a 3 minute, 3 step system for achieving personal success and happiness. It's gotten a tremendous amount of buzz and praise recently. If you want to feel real momentum in your learning and new heights in your emotional intelligence, [click here to check it out](#).

Good luck developing your life's personal navigation system. Good luck in your journey to take your emotional intelligence to the highest levels.

It's the most rewarding journey of all.

"Emotional Intelligence: Your Master Key to Learning Quickly"

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