

Your 30-Day EQ Practice Plan

One small practice a day, for the emotional intelligence skill you most want to grow.

How to use this plan

1. Take the free 8-minute EQ check at eqpulse.pages.dev and note your lowest-scoring area. That's your growth area.
2. Turn to that area's page. Each day has one practice that takes a few minutes. Tick the box when you've done it.
3. Missed a day? Just pick up again. Consistency beats perfection.
4. On day 30, retake the check and compare your progress chart.

The five areas

- **Self-Awareness:** Noticing your own emotions and patterns
- **Self-Management:** Steering impulses and getting your balance back
- **Social Awareness:** Reading people and the emotional climate in a room
- **Relationship Skills:** Communicating, repairing after conflict and collaborating
- **Motivation & Empathy:** Staying purpose-led while caring about others

Created by Bill Heinrich, author of **The Aligned Life Series** (thealignedliferies.com).

Educational self-reflection only. Not therapy, medical advice or a clinical assessment. If you are in crisis, contact local emergency services or a crisis line.

Self-Awareness

Noticing your own emotions and patterns

Read alongside: [The Energetic Self](#) • [Everyday Enlightenment](#), by Bill Heinrich

WEEK 1 • NOTICE

Day 1	20-second check-in: name one feeling + one body cue, twice today	☐
Day 2	Upgrade one vague word (stressed, fine) to a precise one	☐
Day 3	Three-line debrief after one charged moment	☐
Day 4	Notice your first stress signal today and write it down	☐
Day 5	Name two feelings at once (e.g., excited and nervous)	☐
Day 6	Log one entry in the EQPulse journal	☐
Day 7	20-second check-in: name one feeling + one body cue, twice today	☐

WEEK 2 • PRACTICE

Day 8	Upgrade one vague word (stressed, fine) to a precise one	☐
Day 9	Three-line debrief after one charged moment	☐
Day 10	Notice your first stress signal today and write it down	☐
Day 11	Name two feelings at once (e.g., excited and nervous)	☐
Day 12	Log one entry in the EQPulse journal	☐
Day 13	20-second check-in: name one feeling + one body cue, twice today	☐
Day 14	Upgrade one vague word (stressed, fine) to a precise one	☐

WEEK 3 • STRETCH

Day 15	Three-line debrief after one charged moment	☐
Day 16	Notice your first stress signal today and write it down	☐
Day 17	Name two feelings at once (e.g., excited and nervous)	☐
Day 18	Log one entry in the EQPulse journal	☐
Day 19	20-second check-in: name one feeling + one body cue, twice today	☐
Day 20	Upgrade one vague word (stressed, fine) to a precise one	☐
Day 21	Three-line debrief after one charged moment	☐

WEEK 4 • MAKE IT YOURS

Day 22	Notice your first stress signal today and write it down	☐
Day 23	Name two feelings at once (e.g., excited and nervous)	☐
Day 24	Log one entry in the EQPulse journal	☐
Day 25	20-second check-in: name one feeling + one body cue, twice today	☐
Day 26	Upgrade one vague word (stressed, fine) to a precise one	☐
Day 27	Three-line debrief after one charged moment	☐
Day 28	Notice your first stress signal today and write it down	☐
Day 29	Name two feelings at once (e.g., excited and nervous)	☐
Day 30	Log one entry in the EQPulse journal	☐

Day 30: retake the free check at eqpulse.pages.dev/check.html and see what moved.

Self-Management

Steering impulses and getting your balance back

Read alongside: [Unblocked](#) · [Limitless Flow](#), by Bill Heinrich

WEEK 1 · NOTICE

Day 1	4-in / 6-out breathing, three rounds, before one reply	☐
Day 2	Use your pause phrase once today	☐
Day 3	Apply the 24-hour rule to one strong urge	☐
Day 4	Take a 5-minute reset break between two tasks	☐
Day 5	Write what is and is not in your control for one worry	☐
Day 6	Do the smallest possible version of a task you are avoiding	☐
Day 7	4-in / 6-out breathing, three rounds, before one reply	☐

WEEK 2 · PRACTICE

Day 8	Use your pause phrase once today	☐
Day 9	Apply the 24-hour rule to one strong urge	☐
Day 10	Take a 5-minute reset break between two tasks	☐
Day 11	Write what is and is not in your control for one worry	☐
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Social Awareness

Reading people and the emotional climate in a room

Read alongside: [Universal Perceptions](#) · [Clarity Has No Story](#), by Bill Heinrich

WEEK 1 · NOTICE

Day 1	In one conversation, watch one person's energy shifts	☐
Day 2	Check your read out loud once: 'I might be wrong, but...'	☐
Day 3	Listen without planning your reply for one conversation	☐
Day 4	Notice tone and timing, not just words, in one exchange	☐
Day 5	Ask one curious question before offering your view	☐
Day 6	Name what else could be true about someone's behavior	☐
Day 7	In one conversation, watch one person's energy shifts	☐

WEEK 2 · PRACTICE

Day 8	Check your read out loud once: 'I might be wrong, but...'	☐
Day 9	Listen without planning your reply for one conversation	☐
Day 10	Notice tone and timing, not just words, in one exchange	☐
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Day 30	Name what else could be true about someone's behavior	☐

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Relationship Skills

Communicating, repairing after conflict and collaborating

Read alongside: [The Sacred Spark](#) • [Universal Perceptions](#), by Bill Heinrich

WEEK 1 • NOTICE

Day 1	Make one clean ask: need + reason + timing	☐
Day 2	Repair one small thing within 24 hours	☐
Day 3	Summarize the other person's view before giving yours	☐
Day 4	Say one small, kind no	☐
Day 5	Give one piece of specific appreciation	☐
Day 6	Offer a smaller yes instead of all-or-nothing	☐
Day 7	Make one clean ask: need + reason + timing	☐

WEEK 2 • PRACTICE

Day 8	Repair one small thing within 24 hours	☐
Day 9	Summarize the other person's view before giving yours	☐
Day 10	Say one small, kind no	☐
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Motivation & Empathy

Staying purpose-led while caring about others

Read alongside: [Seven Levels of Truth](#) • [Limitless Flow](#), by Bill Heinrich

WEEK 1 • NOTICE

Day 1	Write this month's one-sentence purpose and read it	☐
Day 2	Reflect someone's feeling before giving advice	☐
Day 3	Do one thing that feels most like 'you'	☐
Day 4	Notice one moment you dropped your own priority, without judgment	☐
Day 5	Help someone without fixing or lecturing	☐
Day 6	Link today's main task to someone it helps	☐
Day 7	Write this month's one-sentence purpose and read it	☐

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Keep going

- **Track your journal:** eqpulse.pages.dev/journal.html
- **Check off days online:** eqpulse.pages.dev/challenge.html
- **Compare with a friend:** share your results link from your results page
- **Practice with real people:** workshops and retreats in California, Arizona, Hawaii and online at gatheraligned.pages.dev

Books by Bill Heinrich

- [Universal Perceptions](#) · [The Energetic Self](#) · [Everyday Enlightenment](#)
- [Unblocked](#) · [The Sacred Spark](#) · [Limitless Flow](#)
- [Seven Levels of Truth](#) · [Clarity Has No Story](#)

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