

What are the qualities we need to cultivate, to nourish warm relationships around us?

It turns out there are eight emotionally intelligent actions to cultivate better relationships. Simply put, great relationships are built on trust. The Harvard study identifies what you can do to cultivate stronger, deeper trust--leading to more meaningful relationships.

Assess your qualities from one to 12	
1. Score your communication skills	
2. What's your authenticity level?	
3. Are you helpful?	
4. Are you honest?	
5. Are you dependable.	
6. Do you show appreciation.	
7. Show empathy?	
8. Do you Apologize	
TOTAL	

What do you need to work on?

This is a rough percentage total of your skill level.

If you are really brave, ask your partner to assess your skill level?