



...where people and purpose come together

Workbook: 4-Week Practice

The Seven Pillars of Spiritual-Emotional Intelligence

Free Gift — Practical prompts, trackers, and reflections to turn small practices into steady change

How to use this workbook

- Time: 5–20 minutes a day. Pick two pillars (one inward-facing, one outward-facing). Do the chosen micro-practice daily (or at least 4–5x/week) and use the weekly check-ins and trackers to notice change.
- Format: Use this as a printable PDF or a digital journal. Fill in the trackers and reflections honestly — progress comes from tiny, consistent actions and honest noticing.
- Goal: Build awareness, improve choices under pressure, and strengthen connection with yourself and others.

Quick overview of the pillars (one line each)

- Presence: Notice your experience in the present moment.
- Compassion: Hold yourself and others with warmth and curiosity.
- Boundary Wisdom: Create clear, kind limits that protect your energy and relationships.
- Shadow Integration: Welcome parts of yourself you usually avoid so they stop running the show.
- Purpose Alignment: Link daily choices to what matters most.
- Emotional Literacy: Name and track emotions clearly to act from clarity.
- Ritualization: Use small, repeatable practices to anchor habits and meaning.

Pillar pages

(Each pillar: short description, core micro-practice, three practice variations, 3 reflection prompts, weekly measurable areas to record)

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1) Presence

What: Anchoring attention in the here-and-now to reduce reactivity and increase discernment.

Core micro-practice (2–5 minutes): The 3-Breath Anchor — inhale 4, hold 2, exhale 6. On each breath, name one sensation and return.

Variations: 1) 1-minute scan at transitions. 2) Single-point focus for 60 seconds. 3) Five mindful steps.

Reflection prompts: What shifted after this practice? Where did my attention go most? What pulled me away and how did I come back?

Weekly measurable: Minutes practiced per day / days practiced this week.

2) Compassion

What: Soothing and steadying responses to suffering in yourself and others.

Core micro-practice (2–5 minutes): Compassion Pause — hand on chest, slow breath, silently: “May I be kind to myself” (3x). Extend to another person.

Variations: 1) 2-sentence compassionate note. 2) Short supportive message to someone. 3) 1-minute self-touch and breath when triggered.

Reflection prompts: What felt different when I offered kindness to myself? Did I notice judgment lessen? How did it change my behavior?

Weekly measurable: Acts of compassion this week (to self / to others).

3) Boundary Wisdom

What: Clear, kind limits that protect time, energy, and values.

Core micro-practice (3 minutes): The One-Line Script — “I’m honored you asked; I can’t take that on right now” or “I can do X instead of Y.” Practice aloud.

Variations: 1) Prepare a work and personal script. 2) Pause 3 seconds before replying. 3) Set a 15-minute buffer before evening routines.

Reflection prompts: Which request did I decline or adjust? How did it feel in my body? What changed in the relationship or my energy?

Weekly measurable: Number of times I used a boundary script.

4) Shadow Integration

What: Recognizing and befriending disowned parts to reduce unconscious reactivity.

Core micro-practice (3–6 minutes): Name-and-Listen — notice an emotion, name it (“I notice anger”), ask, “What does this part need?” and jot the answer.

Variations: 1) Brief dialogue (one line from shadow, one line reply). 2) Track triggers for a day and map the underlying emotion. 3) Use “If I were this feeling...” sentences.

Reflection prompts: What did I learn about a part I usually avoid? Did naming reduce its charge? What small step does that part want?

Weekly measurable: Times I named a shadow feeling and followed up.

5) Purpose Alignment

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What: Linking everyday actions to your deeper “why.”

Core micro-practice (3 minutes): Daily Intention — write one specific intention tied to a value (e.g., “Today I will listen fully...”).

Variations: 1) Morning one-line mission. 2) Midday check-in. 3) End-of-day micro-gratitude for a value-lived moment.

Reflection prompts: Which action today honored my purpose? Where did I drift and why? What’s one tiny recalibration?

Weekly measurable: Number of days I set and reviewed an intention.

6) Emotional Literacy

What: Building precision in naming and tracking emotions to make wiser choices.

Core micro-practice (2–3 minutes): Emotion Check — name the dominant emotion (one word), rate 1–10, note a likely need (rest, clarity, connection).

Variations: 1) 3-word end-of-day log. 2) Map emotion to behavior. 3) Practice naming subtle emotions.

Reflection prompts: Did naming the emotion change my impulse? What need surfaced? How can I meet that need?

Weekly measurable: Number of emotion checks completed.

7) Ritualization

What: Using small, repeatable acts to anchor meaning and consistency.

Core micro-practice (2–5 minutes): Micro-ritual — choose a simple habit with a symbolic action (lighting a candle, five-breath opening).

Variations: 1) Transition rituals. 2) Weekly wins review. 3) Pair a pleasure with a habit.

Reflection prompts: How did this ritual change the feel of the day? Did it cue the behavior reliably? What meaning did it create?

Weekly measurable: Days I performed the ritual.

4-Week Challenge Planner (use after choosing two pillars)

Week 0 (Prep): Choose one inward pillar + one outward pillar. Write your micro-practices here:

Inward pillar: _____

Micro-practice (inward): _____

Outward pillar: _____

Micro-practice (outward): _____

Commitments: Minimum practice minutes/day: _____

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Target days per week: _____

Weekly structure (repeat each week)

Days: Mon [] Tue [] Wed [] Thu [] Fri [] Sat [] Sun [] (tick boxes)

Short daily prompt to fill (each day): practiced? (Y/N) 1-sentence note: "One thing I noticed..."

Today I practiced: _____

How I felt: _____

One insight or tweak: _____

Weekly reflection (fill each Sunday)

1. What worked this week? _____

2. What got in the way? _____

3. One small adjustment for next week: _____

4. A win I want to celebrate: _____

Printable daily habit tracker (simple)

Week #: _____

Pillars: _____ / _____

Mon [] [] Tue [] [] Wed [] [] Thu [] [] Fri [] [] Sat [] [] Sun [] []

(First box = inward practice, second = outward practice)

Daily micro-journal

Today I practiced... _____

How I felt... _____

One insight or tweak... _____

Weekly check-in questions (use every Sunday)

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- Did I practice the agreed micro-practices as planned? (Yes / No + notes)
- What changes did I notice in mood, energy, decisions, or relationships?
- Where did I meet resistance and what did I learn about it?
- What is one specific, achievable intention for next week?

Short review at the end of 4 weeks

Total days practiced: ____ / 28

Biggest insight:

Smallest action with biggest impact:

Next steps (scale up, add a pillar, lead a practice group, book coaching/workshop):

Troubleshooting tips

- Missed a day? Practice kindness and start again the next day. Small guilt cycles are counterproductive.
- If a practice feels boring, tweak it — make it 30 seconds instead of skipping. Consistency matters more than duration.
- Pair the practice with an existing habit (after coffee, before email) to increase reliability.

Resources and suggested reads

- (Space to add short, recommended books, articles, podcasts)

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Call to action

If you liked this workbook, please:

- Share your Week 1 post in your community and invite a friend to join.
- DM me for a printable PDF version, a guided 4-week email series, or a short workshop to run with your team/group.

Usage note

You're welcome to use and share this workbook freely for non-commercial purposes. If you adapt it and distribute widely, please credit the original source or link back to the hosting Substack/author page.

End of workbook — go small, be steady, and notice what shifts.

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