

Respondent Information

Date: _____

First Name: _____ Last Name: _____

Gender: Male Female Age: _____

My Ethnicity is (please check one):

African American Asian American Native American Caucasian Hispanic Other (please specify) _____

Personal Excellence: Building Quality from Within

It is no secret that professional, academic, and life success varies from one person to the next. Why do some individuals settle for apparent mediocrity while others find great success, satisfaction, and happiness in life? Some theories of human behavior credit emotional intelligence (EI) for explaining a substantial part of such quality of life variables.

In their book, *Emotional Intelligence: Achieving Academic and Career Excellence* (Prentice Hall, 2003), Darwin Nelson, Ph.D. and Gary Low, Ph.D. provided a transformational model of emotional intelligence based on nearly 30 years of education research and best practices. They ended the book by introducing a new theory, a theory of personal excellence, for life-long self-renewal and achievement. Characteristics of high achievement include accurate self-knowledge and feelings of accurate self-value that make possible responsible, dignified behavior; relationships that are varied and strong; getting along well and working productively with others; and effectively dealing with the daily pressures and demands of life and work. As stated by the authors, "emotional intelligence is a continuing process of developing specific emotional skills" (Nelson & Low, 2003).

Personal excellence also is a continuing process of self-renewal guided by one's systematic approach toward developing personal EI skills. Personal excellence represents a process of becoming the best person one can be and is reflected in how one is, as well as what one does. Personal excellence is indicated in people who develop their gifts and talents to the fullest, achieving a harmony in how they think, feel, behave, and believe that leads to productive relationships and outcomes. Rather than an arrival state, personal excellence is a journey in positive development beyond one's self. It manifests in self-defined and self-valued achievements that reflect one's best efforts. The EI-centric theory of personal excellence connects the process of building quality from within with the lived experience of each individual. Use the Personal Excellence Map to explore your current level of personal excellence and let it serve you as a guide in your journey of positive personal development.

Richard D. Hammett, Ed.D.

Instructions for completing the Personal Excellence Map (PEM): To complete the PEM, read each item carefully, circling the response (letter and number) that best describes you in each instance. In choosing your responses, try to picture yourself in the situations you would like most to improve (home, school, work, etc.). The response key provided below is repeated at the top of each section. After responding to all the items in one skill area, add and record your score in the provided spaces. Instructions for completed the PEM Profile, PEM Map, and Continuum of Excellence are provided in the appropriate sections.

K Never = Never like or descriptive of me.
Rarely = Rarely like or descriptive of me.
E Sometimes = Sometimes like or descriptive of me.
Usually = Usually or frequently like or descriptive of me.
Y Always = Always like or descriptive of me.

Library of Congress Cataloging-in-Publication Data

Nelson, D. B., Low, G. R., and Hammett, R.D.

Personal Excellence Map (PEM) by Darwin B. Nelson, Gary R. Low, and Richard D. Hammett

ISBN: 978-0-9814842-3-5

1. Emotional intelligence. 2. Excellence. 3. Personal Excellence.

© Copyright 2007 by Darwin Nelson. Gary Low. Richard Hammett. All rights reserved.

Printed and distributed by EI Learning Systems, Inc., USA. This publication may not be reproduced, stored in a retrieval system or transmitted in whole or part by any means without the prior written permission of the authors.