

visioned by

FQUR

...growing from within...

FOUR QUOTIENT THINKING

A HOLISTIC VIEW OF LIVING

"There is an Indian proverb or axiom that says that everyone is a house of four rooms: A physical, a mental, an emotional and a spiritual. Most of us tend to live in one room most of the time but, unless we go into every room everyday, even if only to keep it aired, we are not a complete person."

Rumer Godden

The four human quotients.

- PQ - physical - To Live - Human Living
- IQ - mental - To Learn - Human Doing
- EQ - emotional - To Love - Human Being
- SQ - spiritual - To Leave a Legacy - Being Human

How do you measure up?

How well do you think you do in living a full, healthy and thus balanced life?

Try the QFOUR QUOCARD.

This is our unique Quocard which you can intuitively use to assess your balance between all four quotients as a person, team, organisation, family or community.

Each quotient has five levels

Level 5 - totally unaware and not interested ('unconscious')

Level 4 - unconsciously incompetent (you don't know what you don't know – aware of need to change) but open to learning

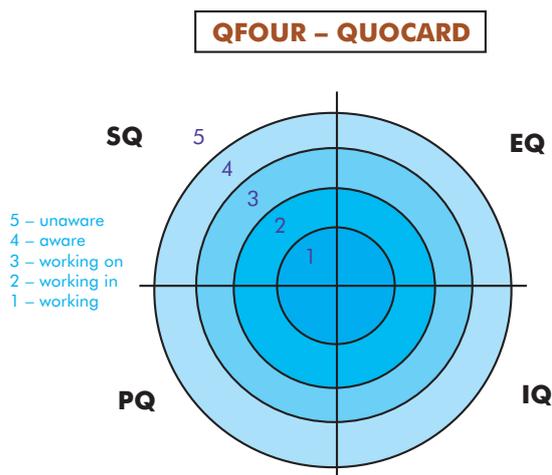
Level 3 - consciously incompetent (you now know that you do not do it – 'working on')

Level 2 - consciously competent (you have to continually think about having to do it – 'working in')

Level 1 - unconsciously competent (doing it without thinking – a habit)

Any person/organisation who is out of quotient balance, cannot possibly be 'effective' and will suffer and thus de-energise, expire and slow down any team, organisation or family they are involved in.

To truly 'profit' (from the Latin word 'proficere' meaning 'to advance' and 'to improve') in any organisation, let's get back to the truth – that 'profit' is actually about human advancement and not financial gain or political power!



**A truly balanced Quocard =
a truly sustainable person, family or organisation**

A balanced person creates a balanced human being thus creating a balanced workforce, family and community.

Four quotient living is about leadership - Servant Leadership.

First, leadership of self, then and only then, about 'anything external' - family, team, workplace, community, country.

(Mandela, Gandhi, Mother Teresa, J.C.)

An exploration of the 4 Quotients & Leadership

PQ Doing	IQ Thinking	EQ Emotioning	SQ Being
Working	Managing	Leading	Serving
To live	To Learn	To Love	To Leave a Legacy
Athlete	Warrior	Statesman	Spirit
Pendency	Dependency	Independency	Interdependency
Body	Head	Heart	Soul
Function	Facts	Feelings	Intuitions
Control Over body functions	Control Over others (Use / abuse of power?)	Control Through (Use of authority)	Control of Self (Behaviour - Use of own values)
Conforming	Competence	Character	Creation
Matter	Money	Momentum	Meaning
Human Living	Human-doing	Human-being	Being Human
Existence	Knowledge	Desire	Belief
Reactionary	Regulations	Relationships	'Redemption'
Doing	Dictating	Debating	Dialoging
Functional	Cleverness	Wisdom	Serenity
Unconscious Incompetence	Conscious Incompetence	Conscious Competence	Unconscious Competence
I (Isolated)	Them (Blame)	Us (Part ownership)	Me (Complete ownership)

How are you living your life with the four parts of your existence above?

Which 'quotient' are you inhabiting right now in your life?

Which would you like to inhabit?

Is it different for work, rest and play?

What are you going to do about that - when & with whose support.....???

(or are you already perfect..??)

"Most people search high and wide for the keys to success.

If they only knew, the key to their dreams lies within."

George Washington Carver