

EXERCISE: EMOTIONAL INTELLIGENCE ASSESSMENT

Instructions: For each statement, rate yourself on a scale from 1 to 5

1 = Rarely 2 = Occasionally 3 = Sometimes 4 = Often 5 = Always

Self-Awareness	Self-Management	Social Awareness	Relationship Management
<ul style="list-style-type: none">— I recognize how my emotions affect my thoughts and actions.— I can identify what triggers my emotions in different situations.— I understand my strengths and limitations clearly.	<ul style="list-style-type: none">— I stay calm under pressure and manage my emotional responses effectively.— I avoid impulsive reactions and consider the consequences of my actions.— I adapt well to unexpected challenges or changes.	<ul style="list-style-type: none">— I can easily sense how others are feeling, even when they don't express it.— I make an effort to understand the perspectives and needs of others.— I adjust my communication style based on the emotions and preferences of others.	<ul style="list-style-type: none">— I build and maintain strong, positive relationships with others.— I resolve conflicts effectively and strive for win-win outcomes.— I inspire and influence others with my communication and leadership abilities.
Score: _____	Score: _____	Score: _____	Score: _____

Total Score: _____

EXERCISE: EI ASSESSMENT SELF-REFLECTION

Question	Your Response
Your Initial Reactions <ul style="list-style-type: none">• How do you feel about your results (e.g., surprised, validated, confused)?• Do your scores align with your self-perception? Why or why not?	
Your EI Strengths <ul style="list-style-type: none">• List the EI component(s) where you scored highest.• How do these strengths show up?	
Your EI Growth Opportunities <ul style="list-style-type: none">• List the EI component(s) where you scored lower.• How might these areas be limiting your success or relationships?	

EXERCISE: SELF-REFLECTION

Question	Your Response
(1) Describe 2-3 specific situations and / or specific people that consistently trigger strong emotions for you.	
(2) Describe a recent work situation that triggered strong emotions and when you reacted impulsively ... Where you were not at the top of your game.	
(3) Describe what would you have done differently if you had taken a moment to pause and consider your response more deliberately.	
(4) Describe how you think the result would have been different if you paused and responded more deliberately.	