



Activity

Assessing Your Emotional Intelligence

Instructions: *This Emotional Intelligence Assessment is designed to give you a general idea of your EI strengths. Please read each statement below and mark the number that best describes how you feel about the statement.*

Self-Awareness My Self-Awareness Score: _____	Never	Rarely	Sometimes	Often	Always
I can identify and describe how I am feeling.	0	1	2	3	4
I have thought about how my feelings have distracted, enhanced, or challenged me this week.	0	1	2	3	4
I know when I judge or make assumptions about others, as I do it.	0	1	2	3	4
I can observe my emotions without passing judgement on them and without defining them as good or bad.	0	1	2	3	4
I know what external events of the day impact my mood when I get home.	0	1	2	3	4
I can sense when I'm becoming angry before it shows.	0	1	2	3	4
I can tell others what I truly, genuinely feel in the present moment.	0	1	2	3	4
I am comfortable, even confident, in my limitations and weaknesses.	0	1	2	3	4
I make time for myself to experience my emotions/deeper thoughts	0	1	2	3	4
I accurately predict how I will feel in various situations.	0	1	2	3	4
Self-Management My Self-Management Score: _____	Never	Rarely	Sometimes	Often	Always
I make goals and stick to them.	0	1	2	3	4
I adapt well to working with different people in different situations.	0	1	2	3	4
It is easy to accept responsibility for the way I react.	0	1	2	3	4
I make choices that are aligned with my values.	0	1	2	3	4
I direct my energy into positive outlets, like creative work or hobbies.	0	1	2	3	4
Even when I am stressed, I find it easy to remain composed.	0	1	2	3	4
I see things from multiple perspectives.	0	1	2	3	4
Change is easy for me.	0	1	2	3	4
I am in control of my impulses.	0	1	2	3	4
If I get angry, I can calm down and move on quickly.	0	1	2	3	4

Social Awareness My Social-Awareness Score: _____	Never	Rarely	Sometimes	Often	Always
I see how my actions affect the people around me.	0	1	2	3	4
I am good at knowing when to voice my opinion and when not to.	0	1	2	3	4
I have a good sense of what others expect of me.	0	1	2	3	4
It is easy to figure out the power dynamics and politics in a group.	0	1	2	3	4
I understand others' feelings, even if I would not feel the same way.	0	1	2	3	4
I show heartfelt interest in the challenges and successes of loved ones.	0	1	2	3	4
It genuinely bothers me to see other people sad or hurting.	0	1	2	3	4
I know when I've annoyed someone, even if we are on phone.	0	1	2	3	4
I anticipate what other people need.	0	1	2	3	4
I can tell when someone isn't being genuine or honest.	0	1	2	3	4

Relationship Management My Relationship Management Score: _____	Never	Rarely	Sometimes	Often	Always
I'm good at influencing people to do what I think is best.	0	1	2	3	4
I can anticipate conflict and diffuse the situation, if needed.	0	1	2	3	4
I'm the one who builds consensus when people disagree.	0	1	2	3	4
Others tell me that I'm motivational and inspiring.	0	1	2	3	4
If plans change, I am the person who helps others adjust to the new situation.	0	1	2	3	4
Wherever I go, I am able to make new friends.	0	1	2	3	4
At social events, I contribute to the conversation and fun.	0	1	2	3	4
The teams that I am on are collaborative.	0	1	2	3	4
I sense the developmental needs of other people, and help them grow.	0	1	2	3	4
My relationships are drama free.	0	1	2	3	4

Mark your EQ total scores to assess your strengths and areas for improvement

Domain	My Scores - My EQ Strengths!				
Self-Awareness	0 2 4 6 8	10 12 14 16	18 20 22 24	26 28 30 32 34	36 38 40
Self-Management	0 2 4 6 8	10 12 14 16	18 20 22 24	26 28 30 32 34	36 38 40
Social Awareness	0 2 4 6 8	10 12 14 16	18 20 22 24	26 28 30 32 34	36 38 40
Relationship Management	0 2 4 6 8	10 12 14 16	18 20 22 24	26 28 30 32 34	36 38 40

Measure your effectiveness in each domain using the following key:	
0 - 24	Area for Enrichment: Requires attention and development
25 - 34	Effective Functioning: Consider strengthening
35 - 40	Enhanced Skills: Use as leverage to develop weaker areas