

## Emotional Intelligence Check In

Think about your Emotional Intelligence (EQ), your ability to manage your feelings and behaviors, and how you act with other people. Rate yourself on each item below. Next, find ways to increase your capabilities in the categories where you need improvement.

Emotional Intelligence Categories	Very Good/ A Lot	OK/Sometimes	Needs Improvement
<b>Self-Awareness</b>			
I have self-confidence.			
I know my strengths and weaknesses.			
I acknowledge and learn from my mistakes.			
<b>Self-Regulation</b>			
I can control my feelings and actions.			
I can stay calm and positive when in trouble.			
I am reliable and trustworthy.			
<b>Motivation</b>			
I can keep going after failure.			
I don't need others to keep me motivated.			
I always want to improve or learn.			
<b>Empathy</b>			
I like helping and motivating others.			
I can sense how other people are feeling.			
Respecting different cultures is important to me.			
<b>Social Skills</b>			
I don't like power struggles or drama.			
I understand how to resolve conflicts fairly.			
I enjoy teams and building community.			