

EQ Worksheet

Rate yourself on the following 30 statements using the following Scale.

- | | | |
|-------------------|--------------------------------------|----------------------|
| 1. Rarely Like Me | 2. Occasionally Like Me | 3. Sometimes Like Me |
| 4. Often Like Me | 5. Always (Or almost always) Like Me | |

Once completed, transfer your answers on to the results sheet and discover your current EQ levels for the 5 categories of Emotional Intelligence.

#	Statement	Score
1	I know the situations and / or people that are likely to make me angry	
2	When I have completed a difficult action, I make sure to appreciate my work	
3	When writing a message or email I consider how the person receiving it will feel	
4	I always give credit publicly to those who help me	
5	When things go wrong or I am disappointed in an outcome, I am still optimistic about better outcomes	
6	When I get angry or frustrated I am able to discover the cause	
7	When I get angry or frustrated I remain composed in my behaviors	
8	I am able to recognize when others are nervous around me	
9	I am open to thoughts and suggestions of others even if they disagree with me	
10	I view problems as challenges to resolve	
11	I realize when my energy is low	
12	I am clear about what actions I need to take after meeting with others	
13	When I am in a small group situation I attempt to assess the mood of each person	
14	When with someone who is angry or frustrated I adjust my behavior to work with them	
15	Upon receiving bad news I give myself time to reflect, absorb and then move on	
16	I am aware of the impact my communication has on others	
17	I admit to my own mistakes	
18	I try to identify and understand the emotions and feelings of others	
19	I am patient with others while teaching them something new	
20	When I feel disappointed I am able to express that disappointment and keep going	
21	I am aware how my mood and communication might affect others around me	
22	I observe others to model and learn new behaviors or skills beneficial to me	
23	If someone shows frustration, anger or irritation I try to understand what they are feeling	
24	I welcome feedback from others	
25	I am able to accept and adjust when major plans are changed	
26	When feeling sad or down I can identify the cause	
27	When a bad mood comes over me I am able to remain patient with others	
28	I put myself in the place of others to understand how they feel and how I might feel in that situation	
29	I encourage others to give me feedback even if they disagree with me	
30	When upset about a personal issue I find it difficult to concentrate	

EQ Worksheet

RESULTS SHEET

Emotional Intelligence Scoring Worksheet

Place your score for each question in the table below and then total each column.

Self-Awareness Q		Self-Management Q		Empathy Q		Relationships Q		Motivation /Resilience	
1		2		3		4		5	
6		7		8		9		10	
11		12		13		14		15	
16		17		18		19		20	
21		22		23		24		25	
26		27		28		29		30	
Total		Total		Total		Total		Total	

How to interpret the results:

Score 6-12	Room For Improvement
Score 13-23	Good/ Effective
Score 24-30	Excellent / Highly Effective