

My EQ Action Plan

Part One — My Journey Begins

Date Completed:

List your scores from the Emotional Intelligence Appraisal test below.

| | Score |
|--------------------------|-------|
| Overall EQ: | _____ |
| Self-awareness: | _____ |
| Self-management: | _____ |
| Social Awareness: | _____ |
| Relationship Management: | _____ |

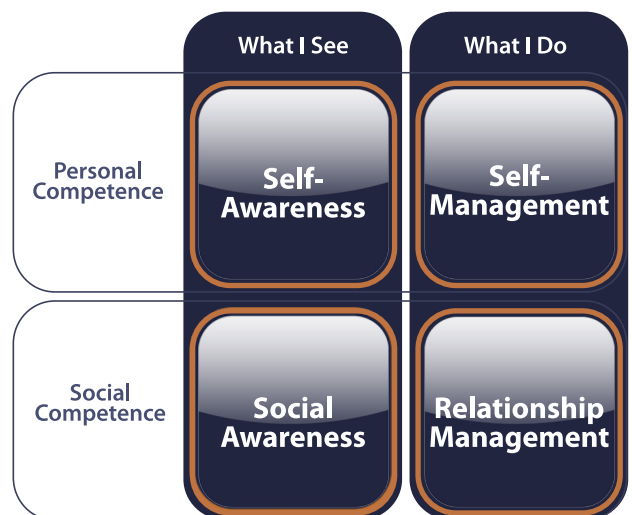
Pick One EQ Skill and Three Strategies

Which of the four core emotional intelligence skills will you work on first?

My first EQ skill is: _____

Review the EQ skill development strategies for the EQ skill you selected, and list up to three that you will practice below.

- 1.
- 2.
- 3.



My EQ Mentor

Who do you know who is gifted in your chosen EQ skill and willing to provide feedback and advice throughout your journey?

My EQ mentor is: _____

My EQ Action Plan

Part Two — How Far My Journey Has Come

Date Completed:

After you take the Emotional Intelligence Appraisal test a second time, list your new and old scores below.

| | Old Score | New Score | +/- Change |
|--------------------------|-----------|-----------|------------|
| Overall EQ: | _____ | _____ | _____ |
| Self-awareness: | _____ | _____ | _____ |
| Self-management: | _____ | _____ | _____ |
| Social Awareness: | _____ | _____ | _____ |
| Relationship Management: | _____ | _____ | _____ |

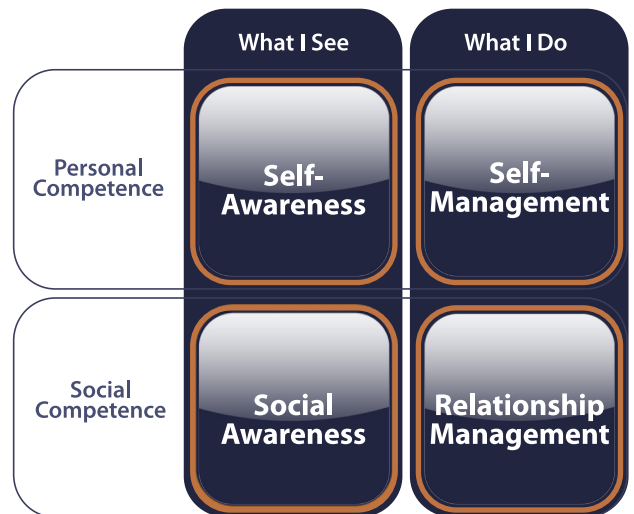
Pick a New EQ Skill and Three Strategies

Based on the results explained in your Emotional Intelligence Appraisal feedback report, where will you focus your skill development efforts going forward?

My new EQ skill is: _____

Review the EQ skill development strategies for the EQ skill you selected, and list up to three that you will practice below.

- 1.
- 2.
- 3.



My New EQ Mentor

Who do you know who is gifted in your new chosen EQ skill and willing to provide feedback and advice throughout your journey?

My New EQ mentor is: _____