

## Emotional Intelligence Self-Evaluation

In each of the key areas below, give yourself a rating. It is meant to allow you an opportunity for honest reflection and goal-setting.

Excellent Skills.....Need improvement  
5            4            3            2            1

### Self Awareness

The ability to recognize and understand your moods, emotions, and drives, as well as their effect on others.

	5	4	3	2	1
Self Confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Realistic Self-Assessment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-deprecating sense of humor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Goals: specific things I want to work on

Outcomes: if I am achieving my goals, what specific evidence would I see in the world around me? How would I know I was getting what I want?

### Self Regulation

The ability to control or redirect disruptive impulses and moods. The propensity to suspend judgment — to think before acting.

	5	4	3	2	1
Trustworthiness and Integrity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comfort with ambiguity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Openness to change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Goals: specific things I want to work on

Outcomes: if I am achieving my goals, what specific evidence would I see in the world around me? How would I know I was getting what I want?

## Motivation

A passion to work for reasons that go beyond money or status. A propensity to pursue goals with energy and persistence.

	5	4	3	2	1
Strong Drive to Achieve	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Optimism, even in the face of failure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organizational Commitment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Empathy

The ability to understand the emotional makeup of other people. Skill in treating people according to their emotional reactions.

	5	4	3	2	1
Expertise: building and retaining talent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross-cultural sensitivity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Service to clients and customers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Social Skills

Proficiency in managing relationships and building networks and the ability to find common ground and build rapport.

	5	4	3	2	1
Effectiveness in leading change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Persuasiveness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expertise in building and leading teams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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