

Rate each question on a scale of 1 – 5, according to your own honest assessment of yourself

1 ————— 2 ————— 3 ————— 4 ————— 5  
(Almost Never) (Almost Always)

- \_\_\_ 1 I am aware of my physical responses (twinges, aches, sudden changes)?
- \_\_\_ 2 I stay calm under pressure?
- \_\_\_ 3 I let go of problems, anger or hurts from the past, and I can move beyond them?
- \_\_\_ 4 I generally have an accurate idea of how another person perceives me during a particular interaction?
- \_\_\_ 5 I resolve issues that arise involving team members quickly?
- \_\_\_ 6 I can easily meet new people and spark conversation with them?
- \_\_\_ 7 I take time to renew my energy levels by isolating myself or taking a break?
- \_\_\_ 8 I quickly come up with solutions when problems arise?
- \_\_\_ 9 I intentionally make myself somewhat vulnerable to people to ensure I don't come off as distant?
- \_\_\_ 10 I can determine someone's mood based on a conversation with them and their body language?
- \_\_\_ 11 I foster healthy working relationships?
- \_\_\_ 12 I listen to learn, not to just be polite?
- \_\_\_ 13 I take time every day to think about life, my day, my future, etc.?
- \_\_\_ 14 I adjust quickly to changing circumstances?
- \_\_\_ 15 I am slow to share my opinion until I have all the information I need to form one accurately?
- \_\_\_ 16 I have people I can turn to for help when needed?
- \_\_\_ 17 I raise objections in an appropriate manner?
- \_\_\_ 18 I try to relate someone's story to my own experience to connect more?
- \_\_\_ 19 I can usually identify the emotion I am currently feeling?
- \_\_\_ 20 I take on new tasks?
- \_\_\_ 21 I have an even balance in my emotions when I am upset, it's never over-the-top in either direction?
- \_\_\_ 22 I can show empathy and match my feelings with another person in an interaction?

Emotional Intelligence Self-Assessment

- \_\_\_ 23 I am prepared to change my perspective?
- \_\_\_ 24 I withhold my opinion when people are talking?
- \_\_\_ 25 I have a clear vision for my life goals and don't sway on my values?
- \_\_\_ 26 I am comfortable with who I am most of the time?
- \_\_\_ 27 I am good at bringing a positive attitude to the workplace?
- \_\_\_ 28 People have my full attention when they are talking to me?
- \_\_\_ 29 I choose my battles wisely?
- \_\_\_ 30 I don't get frustrated when people are having a hard time getting out what they need to say?

### Scores for the Emotional Intelligence Self-Assessment

1. Enter your scores for each question in the category where your question number appears.
2. Total the scores for each category to get your total for that specific EQ category.

Self-Awareness:

1 \_\_\_\_\_

7 \_\_\_\_\_

13 \_\_\_\_\_

19 \_\_\_\_\_

25 \_\_\_\_\_

Total Self-Awareness \_\_\_\_\_

Empathy:

4 \_\_\_\_\_

10 \_\_\_\_\_

16 \_\_\_\_\_

22 \_\_\_\_\_

28 \_\_\_\_\_

Total Empathy \_\_\_\_\_

Adaptability:

2 \_\_\_\_\_

8 \_\_\_\_\_

14 \_\_\_\_\_

20 \_\_\_\_\_

26 \_\_\_\_\_

Total Adaptability \_\_\_\_\_

Conflict Management:

5 \_\_\_\_\_

11 \_\_\_\_\_

17 \_\_\_\_\_

23 \_\_\_\_\_

29 \_\_\_\_\_

Total Conflict Management \_\_\_\_\_

Self-Control:

3 \_\_\_\_\_

9 \_\_\_\_\_

15 \_\_\_\_\_

21 \_\_\_\_\_

27 \_\_\_\_\_

Total Self-Control \_\_\_\_\_

Listener:

6 \_\_\_\_\_

12 \_\_\_\_\_

18 \_\_\_\_\_

24 \_\_\_\_\_

30 \_\_\_\_\_

Total Listener \_\_\_\_\_

**Total possible score for each box is 25**

**Scores (5-10):** Needs Work    **Scores (10-15):** Making Progress

**Scores (15-20):** Good Job, some room for improvement    **Scores (21-25):** You're a Natural! An EQ Guru