

Emotional intelligence



Read the prompts and complete the sentences about you.

1 When I or others go through an emotional turmoil, my immediate reaction is to...

2 My frame of mind towards difficult or complex situations in my life is...

3 My reaction to a failure or a setback in my work or creative endeavor is...

4 Other peoples opinions of me make me feel...

5 My approach to solving a conflict of interest with others or a disagreement is...

Action Steps

1 Develop awareness by observing your own emotions & reading other peoples emotions.

2 Reflect on your emotional patterns & work to overcome them one emotion at a time.

3 Identify your triggers through journaling & keep track of your progress regularly.

4 Adapt flexible thinking by getting rid of fear of the unknown & keeping an open mind.

5 Awareness, self-reflection & self-regulation are essentials of Emotional Intelligence.

