

## Figure 3.2: Assess Your Emotional Self-Awareness

For each of the following markers for *recognizing your own emotional state*, score yourself as (1) seldom, (2) sometimes, (3) often, or (4) frequently.

- \_\_\_\_\_ I consciously pause and identify the emotion I am experiencing when I sense a change in my mood, stress level, communication intensity, or other recognizable symptom.
- \_\_\_\_\_ I can accurately name the emotion I am experiencing, distinguishing, for example, between being disappointed or frustrated or angry or overwhelmed.
- \_\_\_\_\_ I recognize whether an emotion is healthy or unhealthy or productive or nonproductive before experiencing unintended consequences.

For each one of the following markers for *experiencing self-fulfillment*, score yourself as (1) seldom, (2) sometimes, (3) often, or (4) frequently.

- \_\_\_\_\_ My goals and ambitions as an education leader are aligned with my values and make use of my skills and talents.
- \_\_\_\_\_ I am confident that I can, with the help of those I lead and collaborate with, reach these goals.
- \_\_\_\_\_ I feel an overall sense of satisfaction and fulfillment with my work.