

Figure 3.7: Rank Your EQ Skills

Assess your level of EQ with each associated skill. Rank the highest skill with a 1, your second highest skill with a 2, and so on.

- _____ Recognizing your own emotional state
- _____ Experiencing self-fulfillment
- _____ Being aware of others' emotions
- _____ Demonstrating empathy
- _____ Managing and expressing emotions
- _____ Acting independently
- _____ Building an atmosphere of emotional safety
- _____ Employing interpersonal skills