

EMOTIONAL INTELLIGENCE: KNOWING MYSELF

Research has shown quite clearly that being successful in what you do depends

- mainly on your Emotional Intelligence
- only 4 to 10% on your IQ

Understanding your Emotional Intelligence will benefit your social and emotional functioning

Your emotional intelligence is broken up into 5 main strands that in turn are each described by a number of subgroups.

To assist your personal growth, rate yourself on each of the subgroups and then decide on an average rating for each of the strands.

- You will then know what are your strengths and areas for development

For rating yourself use

- A** - very good
- B** - good
- C** - acceptable
- D** - needs attention

SELF AWARENESS

RATING

- Emotional Awareness** - How well do I know how my feelings and emotions influence my opinions, attitudes, judgements and personal interactions? _____
- Self Assessment** - How well do I know what my strengths are and areas that I am limited in? _____
- Self Confidence** - How confident am I in my capabilities and do I have a feeling of self worth? _____
- Assertiveness** - How confident am I sharing my thoughts, opinions and ideas in discussions and conversations? _____

Overall Rating _____

SELF CONTROL

RATING

- Impulse Control** - How well do I control my anxiety, impatience, overreacting; do I lose control easily? _____
- Independence** - How well am I able to make decisions on my own, select my thinking and how I behave? _____
- Flexibility** - How well am I able to make adjustments to my thinking and behaviours, opinions and ideas. Do changes unsettle me? _____
- Stress Control** - How well do I cope with things that don't go right and stressful situations; do I keep my cool? _____

Overall Rating _____

SELF MOTIVATION

RATING

- Self Reality** - How good do I feel about my achievements, pursuits in life and what I do on a daily basis? _____
- Self Focus** - How well do I maintain my focus, set realistic goals and targets, not daydream or get distracted by things in the environment? _____
- Problem Solving** - How well am I able to approach problems systematically, balance all relevant options, use higher level thinking tools and reach considered conclusions? _____
- Optimism** - How well do I maintain a positive attitude and outlook when under pressure in stressful situations? _____
- Initiative** - How willing am I to embrace new ideas and approaches? Do I enjoy making the most of opportunities? _____

Overall Rating _____

EMPATHY

RATING

- Awareness of Others** - How well do I sense, understand and appreciate the feelings of others and show real interest in them? _____
- Developing Others** - How well do I recognise ways that I can help others to develop and make the most of their abilities? _____

Overall Rating _____

MANAGING RELATIONSHIPS

RATING

- Social Responsibility** - How well do I contribute to an atmosphere of co-operation and feel responsible to make things work for others? _____
- Social Skills** - How well do I relate to others through my listening, communicating verbally and using body language? _____
- Co-operation** - How well do I work with others towards achieving shared goals? Do I build bonds with others? _____
- Conflict Resolution** - How well do I seek to understand the views and feelings of others when resolving conflict? Am I perceptive and receptive to others' needs? _____
- Happiness** - How happy and satisfied am I with my life ; do I maintain a happy attitude and friendly disposition? Do I try to lift spirits and feelings of others? _____

When you can build a deep understanding of your emotions and feelings you will find that

- you will enjoy the journey more
- the world and your dreams will look after themselves

Overall Rating _____

“Understand advances by steps, not leaps.” Lord Macaulay.