

My EQ Action Plan

My EQ Scores

List your scores from the Emotional Intelligence Appraisal test:

	Score
Overall EQ:	_____
Self-awareness:	_____
Self-management:	_____
Social Awareness:	_____
Relationship Management:	_____

My EQ Skill and Three Strategies to Work On

Which of the four core emotional intelligence skills have you selected to work on?

Review the EQ skill development strategies for the EQ skill you selected to work on. List three that you will commit to practice.

My EQ Mentor/Stakeholder

Who do you know who is gifted in your chosen EQ skill and willing to provide feedback and advice? _____