

EMOTIONAL INTELLIGENCE DEVELOPMENT

NAME: _____ WEEK OF: _____

EQ PILLAR	WEEKLY FOCUS & ACTION	S	M	T	W	T	F	S
Self-Awareness	Name 3 emotions felt throughout the day and identify their physical triggers.							
Self-Regulation	Practice "Stop, Breathe, Reflect" before responding to a stressor.							
Social Awareness	Practice active listening without interrupting or preparing a rebuttal.							
Relationship Management	Provide constructive feedback or express appreciation to one person.							

REFLECTION & OBSERVATIONS