

Emotional Intelligence Growth Chart

Adolescent Development & Self-Reflection Tool

Name:

Date Range:

CORE COMPETENCY	SKILL FOCUS	PROGRESS (1-5)
Self-Awareness	Identifying personal triggers and physiological responses to stress.	
Self-Regulation	Pausing before reacting; utilizing healthy coping mechanisms.	
Social Awareness	Active listening and recognizing emotional cues in others.	
Relationship Skills	Constructive conflict resolution and setting healthy boundaries.	
Decision Making	Evaluating consequences and considering the well-being of self and others.	

Reflections & Specific Wins:

Record specific instances of emotional growth or challenges encountered this period...

Level 1: Developing | Level 3: Consistent | Level 5: Exemplary