

# EMOTIONAL INTELLIGENCE GROWTH TRACKER

## **SELF-AWARENESS**

Recognizing Triggers

Emotional Labeling

## **SELF-REGULATION**

Impulse Control

Stress Recovery

## **SOCIAL AWARENESS**

Active Listening

Empathy Practice

## **RELATIONSHIP GROWTH**

Conflict Resolution

Setting Boundaries

## **DAILY REFLECTION & BREAKTHROUGHS**

Date: \_\_\_\_\_ Focus Area: \_\_\_\_\_