

# COGNITIVE EI GROWTH

WEEK OF: \_\_\_\_\_

## SELF-AWARENESS

What am I feeling right now?

## SELF-REGULATION

Pause before reacting

Deep breathing utilized

Reframe negative thoughts

Maintained composure

## SOCIAL PERSPECTIVE

Notes on others' non-verbal cues:

## DAILY FOCUS

Target Skill: \_\_\_\_\_

Low Engagement

High Mastery

## REFLECTIVE SYNTHESIS

How did my logic influence my emotional response today?

Cognitive Emotional Intelligence Tracking Template â€” Mindful Growth Series