

# DAILY EQ GROWTH TRACKER

Month: \_\_\_\_\_ Focus: Self-Awareness / Regulation / Empathy

<b>DAY</b>	<b>SELF-REGULATION</b>	<b>PRIMARY EMOTION &amp; TRIGGER</b>	<b>RESPONSE VS. REACTION</b>
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01

02

03

04

05

**WEEKLY PATTERN REFLECTION**

**GOALS FOR NEXT WEEK**