

# Emotional Intelligence Milestones

A Personal Growth Tracking Template

## **SELF-AWARENESS**

Can name complex emotions in the moment

Identifies physical triggers of stress

Recognizes patterns in emotional reactions

Understands personal "shadow" traits

## **SELF-REGULATION**

Pauses before reacting to criticism

Employs healthy coping mechanisms

Maintains composure under high pressure

Can shift perspective during conflict

## **SOCIAL AWARENESS**

Practices active, non-judgmental listening

Reads non-verbal cues accurately

Senses shifts in group dynamics

Demonstrates genuine empathy for others

## **RELATIONSHIP MANAGEMENT**

Navigates difficult conversations calmly

Sets and respects personal boundaries

Provides constructive, kind feedback

Inspires and influences others positively

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