

# EMOTIONAL INTELLIGENCE & GROWTH TRACKER

Weekly Mental Wellness Reflection

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

CORE COMPETENCY

SELF-RATING

EVIDENCE / ACTION TAKEN

## **Self-Awareness**

Recognizing emotions as they occur.

## **Self-Regulation**

Managing disruptive impulses.

## **Social Empathy**

Understanding others' perspectives.

## **Resilience**

Bouncing back from setbacks.

## Weekly Growth Summary

What was your biggest emotional breakthrough this week?

One thing to improve for next week:

Minimalist Wellness Series • Personal Growth Printable