

MINDFULNESS & EMOTIONAL INTELLIGENCE

Date: _____ Week Focus: _____

CORE DIMENSION

OBSERVATIONS / TRIGGERS

MINDFUL RESPONSE

Self-Awareness

Recognizing emotions as they arise

Self-Regulation

Managing disruptive impulses

Empathy

Understanding others' perspectives

Social Skill

Navigating relationships with intent

DAILY REFLECTION NOTES

Presence ∅ Patience ∅ Practice