

# EMOTIONAL INTELLIGENCE GROWTH CHART

Weekly Progress Tracker

## **SELF-AWARENESS**

I can name my current emotion.

I recognize physical signs of stress.

I understand my "triggers."

I can express my needs clearly.

## **SELF-REGULATION**

I paused before reacting to anger.

I practiced deep breathing today.

I stayed calm during a challenge.

I can pivot from negative thoughts.

## **SOCIAL AWARENESS**

I practiced active listening.

I noticed someone else's mood.

I showed empathy to a peer.

I respected a personal boundary.

## **RELATIONSHIP SKILLS**

I resolved a conflict peacefully.

I asked for help when needed.

I gave a sincere compliment.

I collaborated effectively on a task.

# **REFLECTIONS & BREAKTHROUGHS**

"Awareness is the first step toward growth."