

EMOTIONAL INTELLIGENCE GROWTH TRACKER

Date: _____

CURRENT STATE

Identify primary emotions felt today:

Calm Anxious Grateful Irritated Fatigued Inspired

PHYSICAL MARKERS

Where is the emotion in the body?

TRIGGERS & OBSERVATIONS

REGULATION STRATEGY

GROWTH GOAL

Self-Awareness ∅ Self-Regulation ∅ Empathy ∅ Social Skill