

YOUTH EMOTIONAL INTELLIGENCE TRACKER

Name: _____

Month/Week: _____

CORE COMPETENCY	SKILL FOCUS	PROGRESS (1-5)
Self-Awareness	Identifying emotions as they occur	
Self-Regulation	Managing impulses under stress	
Social Awareness	Demonstrating empathy for others	
Relationship Skills	Communicating needs clearly	
Decision Making	Evaluating consequences of actions	

Observations & Breakthroughs

Goals for Next Period

Self-reflection template for developmental growth.