

EMOTIONAL INTELLIGENCE LOG

SELF-AWARENESS

Identified specific physical sensations

Named the underlying primary emotion

Recognized a behavioral trigger

SELF-REGULATION

Paused before reacting to stress

Practiced mindful breathing

Reframed a negative thought

SOCIAL AWARENESS

Practiced active listening

Observed non-verbal cues

Validated someone else's feeling

RELATIONSHIP SKILLS

Communicated a need clearly

Navigated a conflict calmly

Offered genuine appreciation

REFLECTIONS & GROWTH