

EMOTIONAL INTELLIGENCE DAILY TRACKER

Date: _____

Focus Area: _____

EQ DOMAIN	OBSERVATIONS & TRIGGERS	RESPONSE ACTION
Self-Awareness Recognizing emotions as they happen		
Self-Regulation Managing impulsive feelings/behaviors		
Social Awareness Empathy and reading social cues		
Relationship Management Communicating and handling conflict		

REFLECTION & GROWTH GOALS

Emotional Intelligence Development Template & Confidential Personal Growth Record