

# EMOTIONAL INTELLIGENCE ASSESSMENT FOR PERSONAL LEADERS

(Score one point for each correct answer and add each section and grand total)

## SELF-AWARENESS

1. I am aware of my mood, attitudes, and emotions.
2. I recognize that my emotions are contagious.
3. I have the ability to be present and engaged.
4. I don't let my emotions drive my behaviors.
5. I take time to reflect on my interactions and am willing to adjust my behavior.

Category Score:

\_\_\_\_\_

## EMOTIONAL SELF-MANAGEMENT

6. I know the signs of emotional hijacking.
7. I pause before reacting immediately.
8. I am calm during challenging times.
9. I do not jump to judgment.
10. I can maintain perspective in chaos.

Category Score:

\_\_\_\_\_

## EMOTIONAL MANAGEMENT IN RELATIONSHIPS

11. I can admit when I am wrong.
12. I allow for differences in opinion.
13. I see potential in others.
14. I can see from another frame of reference.
15. I am willing to be vulnerable with others and share where I am coming from.

Category Score:

\_\_\_\_\_

## EMOTIONAL CONNECTIONS AND COMMUNICATIONS

16. I am aware of how my communication is received.
17. I am an active listener.
18. I seek first to understand, then to be understood.
19. I take time to build rapport with others.
20. I am aware of body language.

Category Score:

\_\_\_\_\_

## OPTIMISM AND RESILIENCE

21. I live with appreciation and gratitude.
22. I have stamina and grit to stick with my future-living life like it is a marathon, not a sprint.
23. I accept I can have "small self" thoughts, but I work to play big most of the time.
24. When a challenging time is present, I remember: *this too shall pass*.
25. I regularly practice pushing past the 'quitting point'.

Category Score:

\_\_\_\_\_

## EMOTIONAL HEALTH AND BALANCE

26. I make self-care a priority.
27. I take time for recreational activities I enjoy.
28. I take time to review my life purpose and values.
29. I've developed a morning ritual that includes time for reflection.
30. I've developed a balanced plan for sleep, nutrition, and exercise

Category Score:

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Total:

\_\_\_\_\_

**STEVEGUTZLER** GROWING LEADERS AT EVERY LEVEL  
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# EMOTIONAL INTELLIGENCE ASSESSMENT

## FOR PERSONAL LEADERS

### OVERALL SCORE

BELOW 6	LOW LEVEL OF EMOTIONAL INTELLIGENCE
7-13	INCONSISTENT EMOTIONAL INTELLIGENCE
14-19	MODERATE LEVEL EMOTIONAL INTELLIGENCE
20-25	GOOD LEVEL OF EMOTIONAL INTELLIGENCE
26-30	EXCELLENT LEVEL OF EMOTIONAL INTELLIGENCE

What behaviors are undermining your self-awareness and emotional connections?

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What actions or behaviors will I take to improve my Emotional Intelligence in each of the six key areas?

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Set 2 SMART goals to improve 2 areas of competency.

1. 

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2. 

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# EMOTIONAL INTELLIGENCE 6 CATEGORIES

(Select 2-3 behaviors or practices to improve in each category)

**SELF-AWARENESS**

**EMOTIONAL  
SELF-MANAGEMENT**

**EMOTIONAL MANAGEMENT IN  
RELATIONSHIP**

**EMOTIONAL CONNECTIONS  
AND COMMUNICATION**

**OPTIMISM AND RESILIENCE**

**EMOTIONAL HEALTH AND  
BALANCE**

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