



4: THE POWER OF EMOTIONAL INTELLIGENCE

Worksheet

My EQ Growth Plan

Name: _____

Helpful Words:

- **Emotional Intelligence (EQ)** = the ability to understand, manage, and express my emotions in healthy ways
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the internal skills and habits that help me lead, connect, and succeed

Directions:

Use **words or drawings** to answer honestly and reflectively.

Use the back of this sheet if you need more space.

1. One emotion I want to understand better is:

2. When I feel overwhelmed, I can pause and try:

3. Here's a tool or strategy that helps me reset emotionally:

4. A moment I used emotional intelligence was:

5. My EQ Superpower helps me do these things:

6. Emotional intelligence helps me grow my personal competitive advantage by:

7. This is how EQ supports the lifestyle I want to live: