



My Emotional Intelligence Map

Name: _____

Helpful Words:

- **Emotion** = a strong feeling like happiness, sadness, anger, or excitement
- **Emotional Intelligence** = using my feelings in smart ways
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers to explore your emotions and how you manage them.

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

1. One big feeling I know really well is:

5. One way I notice how someone else is feeling is:

2. This is how it feels in my body:

6. Understanding my feelings helps me by:

3. When I feel this way, I usually want to:

7. This is how emotional intelligence helps my personal competitive advantage:

4. A better choice I can make is:

8. This is how emotional intelligence helps me live the lifestyle I want: