



## EQ Game Plan for Leaders Assessment:

1. I understand what's most important, as well as things that don't fulfill or make me happy?
  - A. Always
  - B. Most of the Time
  - C. Sometimes
  - D. Rarely
  - E. Never
  
2. I try to see things from the perspective of my co-workers in the organization?
  - A. Always
  - B. Most of the Time
  - C. Sometimes
  - D. Rarely
  - E. Never
  
3. I am able to recognize my moods and emotions (i.e. When I'm happy, sad, angry, excited), catalyze that energy and use it to my advantage?
  - A. Always
  - B. Most of the Time
  - C. Sometimes
  - D. Rarely
  - E. Never
  
4. I am aware of when to continue on and when to make a change to better my circumstances—and my organization's?
  - A. Always
  - B. Most of the Time
  - C. Sometimes

- D. Rarely
  - E. Never
5. I see myself as an optimist—someone willing to have a positive **outlook** that will persevere and push forward for long-term goals?
- A. Always
  - B. Most of the Time
  - C. Sometimes
  - D. Rarely
  - E. Never

***What is your Letter Grade average? Aim for consistency at the B-range and above! If you're not there yet, keep working on the exercises in the book to improve your overall emotional intelligence. Remember—you can get better at this skill set each day!***

On a scale of 1-10 (1- Not Happening and 10- Definitely), answer the following questions:

- 6. I derive energy from helping others and building positive relationships: \_\_\_\_\_
- 7. I devote time to planning my day and week to maximize the efficiency of my time: \_\_\_\_\_
- 8. I have a clear understanding of what I can control, what I can influence and what I do not have control over: \_\_\_\_\_
- 9. I maintain healthy, mutually beneficial relationships with the people I lead: \_\_\_\_\_
- 10. I'm genuinely excited to be the best I can be at work and at home each day: \_\_\_\_\_

***What is your numeric average? The goal is to aim for consistency at the B-range and above!***

**Key:**

**40-50: Excellent**

**30-40: Good**

**20-30: Needs some improvement**

**0-20: Need to identify several opportunities for improvement**