

ASSESS YOUR LEADERSHIP EQ

How strong is your EQ? The following questions are designed to help you identify your interpersonal and intrapersonal emotional competencies. Do a quick assessment to determine your current competency level, then again in six months to measure improvements. For each question tick the box that most accurately describes 'how you think'.

INTERPERSONAL COMPETENCIES

SELF-AWARENESS	Always A	Sometimes B	Rarely C	Never D
1. Are you able to identify when your mood is changing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you know when your thinking is becoming negative?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you aware of your personal emotions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. How often do you feel positive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you positively react to feedback?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you handle failures positively?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you consider failures as opportunities to learn and improve?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you feel that negative assessments have value and help you learn?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you invite feedback?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you react positively to feedback?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF-CONTROL	Always	Sometimes	Rarely	Never
	A	B	C	D
11. Are you capable of effectively handling your anger?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you control frustration by not talking loud and or making threats?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Do you project positive body language even when you claim you are upset?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Are you respectful to others by not interrupting them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you act consistent with your personal values and beliefs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Are you flexible and adaptable to change?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Do constantly strive to improve yourself and achieve higher levels of excellence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Do you positively and persistently pursue objectives despite obstacles and setbacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you have difficulty making decisions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Are you fearless of being criticized for introducing your ideas because they may be viewed as stupid?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL DRIVE & ENERGY	Always	Sometimes	Rarely	Never
	A	B	C	D
21. Do you make decisions rather easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you make decisions and not constantly change your mind?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Do you feel secure with your decisions and not overly concerned about what others think?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Do you assume the duty to make decisions and not push it to others to relieve yourself of the responsibility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Do you frequently volunteer?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Do you take the initiative before being asked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Do you have an attitude that you can achieve anything you set out to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. When you don't perform as expected, do you pick yourself up and move forward with a positive attitude?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Are you fearless of failing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Are you willing to represent others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

INTRAPERSONAL COMPETENCIES

SOCIAL AWARENESS	Always	Sometimes	Rarely	Never
	A	B	C	D
31. Do you listen more than you talk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Are you non-judgmental when others are speaking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Do you take the time to create and ask powerful questions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Do you refrain from interrupting others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Are you able to intuitively anticipate, recognize and meet the needs of others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. When you listen to others, do you really listen to understand?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Are you concerned how your words and actions affect others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Do you remain cool when others are venting their anger?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. Are you authentic and conduct yourself consistent with your ethics, morals and values?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Do you relate to and appreciate the feelings of others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL INFLUENCE	Always	Sometimes	Rarely	Never
	A	B	C	D
41. Do you enjoy helping others uncover their greatness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. Can you establish genuine relationships with others forming strong bonds?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. Do you publicly express genuine appreciation and praise to others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. Do you refrain from offering step by step advice to others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. Do you use coaching skills anyplace, anytime and with anyone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. Do you help others create new thinking to develop new behavior?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. Do you help others reframe and rethink to uncover solutions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. Do you take a solutions-focus in situations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49. Do you encourage and support others ideas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50. Do you lead and influence others in a positive way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING YOUR RESPONSES

Here's how to score your responses ---- Give yourself 4 points for each 'A', 3 points for 'B', 2 points for 'C' and 1 point for 'D' answers. The maximum possible score per category is 40 points. Enter the results below for each category to measure your current EQ levels.

CATEGORY

TOTAL

InterPersonal

Self-awareness	_____	score for self-awareness
Self-control	_____	score for self-control
Personal Drive and Energy	_____	score for personal drive and energy

IntraPersonal

Social Awareness	_____	score for social awareness
Personal Influence	_____	score for personal influence

If you scored 34 or more in any category, you are doing quite well. A score of 26 to 33 means you should do some work in that category. Scores from 25 to 18 indicate you should get serious about improving your emotional competency. A total of 17 or less means*uh oh!*

So, any revelations? Any surprises?

The following pages are Your EQ Personal Development Plan. First, determine your '**Goal**' with positive thinking and statements, mentally confirm that it's **YOUR** personal plan and goal, and then identify what you and others will gain from the change. Next, identify '**How**' you will begin changing your EQ. Then '**Who**' will help you in terms of resources and possibly support from others. Finally, envision '**When**' you will have transformed yourself and it has become the new you.

After you have taken action to improve the competencies requiring attention --- practice for at least 6 months, then reassess and celebrate your success and improvements!!

YOUR EQ PERSONAL DEVELOPMENT PLAN

Self-awareness

Goal?

How?

Who?

When?

Self-control

Goal?

How?

Who?

When?

Personal Drive and Energy

Goal?

How?

Who?

When?

Social Awareness

Goal?

How?

Who?

When?

Personal Influence

Goal?

How?

Who?

When?
