



# EQ Self Assessment Checklist

- ☐ I can accurately identify what I am feeling
- ☐ I am aware of my strengths and weaknesses
- ☐ I manage stress well
- ☐ I recognize how my emotions affect my behavior
- ☐ I always think before I speak or act
- ☐ I am able to adapt to changing circumstances
- ☐ I work well in a team setting
- ☐ I maintain a positive attitude
- ☐ I can sense other people's feelings
- ☐ I listen to others without interrupting
- ☐ I am able to take another person's perspective
- ☐ I am comfortable dealing with conflict