
Self-Assessment 4-2: Emotional Intelligence

Indicate whether each of the following statements is true or false for you.

Self-Awareness

- ☐ 1. I am aware of how I feel and why.
- ☐ 2. I understand how my feelings affect my behavior and my performance.
- ☐ 3. I have a good idea of my personal strengths and weaknesses.
- ☐ 4. I analyze things that happen to me and reflect on what happened.
- ☐ 5. I am open to feedback from others.
- ☐ 6. I look for opportunities to learn more about myself.
- ☐ 7. I put my mistakes in perspective.
- ☐ 8. I maintain a sense of humor and can laugh about my mistakes.

Managing Emotions and Self-Regulation

- ☐ 9. I can stay calm in times of crisis.
- ☐ 10. I think clearly and stay focused when under pressure.
- ☐ 11. I show integrity in all my actions.
- ☐ 12. People can depend on my word.
- ☐ 13. I readily admit my mistakes.
- ☐ 14. I confront the unethical actions of others.
- ☐ 15. I stand for what I believe in.
- ☐ 16. I handle change well and stay the course.
- ☐ 17. I can be flexible when facing obstacles.

Self-Motivation

- ☐ 18. I set challenging goals.
- ☐ 19. I take reasonable and measured risks to achieve my goals.
- ☐ 20. I am results oriented.
- ☐ 21. I look for information on how to achieve my goals and improve my performance.
- ☐ 22. I go above and beyond what is simply required of me.
- ☐ 23. I am always looking for opportunities to do new things.
- ☐ 24. I maintain a positive attitude even when I face obstacles and setbacks.
- ☐ 25. I focus on success rather than failure.
- ☐ 26. I don't take failure personally or blame myself too much.

Empathy for Others

- ☐ 27. I pay attention to how others feel and react.
- ☐ 28. I can see someone else's point of view, even when I don't agree with them.
- ☐ 29. I am sensitive to other people.
- ☐ 30. I offer feedback and try to help others achieve their goals.
- ☐ 31. I recognize and reward others for their accomplishments.
- ☐ 32. I am available to coach and mentor people.
- ☐ 33. I respect people from varied backgrounds.
- ☐ 34. I relate well to people who are different from me.
- ☐ 35. I challenge intolerance, bias, and discrimination in others.

Social Skills

- ☐ 36. I am skilled at persuading others.
- ☐ 37. I can communicate clearly and effectively.