

Emotional Intelligence Self-Assessment

Use this simple and quick internal self-assessment of your current emotional intelligence skills for your reflection and growth. Take a few minutes to reflect on and consider the ways you respond, both at work and in your personal life.

1. I am aware of my own values, passions, and aspirations.

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| Always | Generally | Seldom | Never |
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2. I am aware of my thoughts, feelings, behaviors, strengths, and weaknesses and their impact on others and control my emotions and reactions in upsetting situations.

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| Always | Generally | Seldom | Never |
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3. I seek feedback from others and gut-check my reactions when surprised by difficult feedback.

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| Always | Generally | Seldom | Never |
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4. I possess a growth mindset and seek out input from others.

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| Always | Generally | Seldom | Never |
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5. I am resilient, open to innovation and possibility, and comfortable taking risks.

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| Always | Generally | Seldom | Never |
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6. I feel and express empathy and embrace well-being and work-life balance for myself and others, including multigenerational and multiethnic teams.

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| Always | Generally | Seldom | Never |
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7. I work well in teams and easily navigate social situations.

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| Always | Generally | Seldom | Never |
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8. I tolerate conflict—neither seeking it out nor avoiding it—and work to resolve conflict with win-win outcomes.

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| Always | Generally | Seldom | Never |
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9. I am accountable and own my work, my decisions, and my results—both positive and negative.

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| Always | Generally | Seldom | Never |
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10. I neutralize toxic situations, not allowing anger or frustration to fuel chaos.

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| Always | Generally | Seldom | Never |
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