

Name: _____

Emotional Intelligence Self-Assessment

Emotional Intelligence is the ability to identify and manage your own emotions and the emotions of others. It's key to navigating social complexities like managing behavior and relationships and making good decisions that achieve positive results. A strong EI is directly related to successful relationships and the ability to lead others.

This tool is designed to help you identify your EI strengths and areas that need more focus and development.

Please rate the questions based on the following 5-point scale

1= Strongly Disagree 2= Disagree 3= Neutral 4= Agree 5= Strongly Agree

	Score
1. I recognize how my feelings affect my work performance	
2. I'm open to candid feedback and self-development	
3. I can voice views that are unpopular and go out on a limb for what is right	
4. I manage my impulsive feelings and distressing emotions well	
5. I build trust through reliability and authenticity	
6. I meet commitments and keep promises	
7. I smoothly handle multiple demands and shifting priorities	
8. I seek out new ideas from a wide variety of sources	
9. I set challenging goals and take calculated risks	
10. I make personal or group sacrifices to meet a larger organizational goal	
11. I take ownership for and act on opportunities	

12. I persist in seeking goals despite obstacles and setbacks	
13. I show sensitivity and work to understand others' perspectives	
14. I seek ways to increase customers' satisfaction and loyalty	
15. I offer useful feedback and identify peoples' needs for development	
16. I understand diverse worldviews and are sensitive to group differences	
17. I accurately read key power relationships	
18. I'm skilled at persuasion and influencing others	
19. I deal with difficult issues straightforwardly	
20. I step forward to lead as needed, regardless of position	
21. I champion change and enlist others in its pursuit	
22. I handle difficult people and tense situations with diplomacy	
23. I make and maintain personal friendships among work associates	
24. I recognize and nurture opportunities for collaboration	
25. I create group synergy and commitment to achieving shared goals	

- What key insights did you gain about yourself?
- What did you identify as strengths?
- Where can you improve? What actions can you take to help you improve?

Source: Adapted from Emotional Intelligence test on Queendom.com