

EQ Leadership Self-Assessment	Development Opportunity	OK/Good	This is a Great Strength of Mine
Self-Perception Composite			
Self-Regard - Respecting oneself; confidence			
Self-Actualization - Pursuit of meaning; self-improvement			
Emotional Self-Awareness - Understanding own emotions			
Self-Expression Composite			
Emotional Expression - Constructive expression of emotions			
Assertiveness - Communicating feelings, beliefs; non-offensive			
Independence - Self-directed; free from emotional dependency			
Interpersonal Composite			
Interpersonal Relationships - Mutually satisfying relationships			
Empathy - Understanding & appreciating how others feel			
Social Responsibility - Social consciousness; helpful			
Decision-Making Composite			
Problem Solving - Finds solutions when emotions are involved			
Reality Testing - Objective; sees things as they really are			
Impulse Control - Resist or delay impulse to act			
Stress Management Composite			
Flexibility - Adapting thoughts, emotions, and behaviors			
Stress Tolerance - Coping with stressful situations			
Optimism - Positive attitude & outlook on life			