My EQ Growth Plan

Name:

Helpful Words:

- **Emotional Intelligence (EQ)** = the ability to understand, manage, and express my emotions in healthy ways
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the internal skills and habits that help me lead, connect, and succeed

Directions:
Use **words or drawings** to answer honestly and reflectively.

Use the back of this sheet if you need more space.

1. **One emotion I want to understand better is:**

2. **When I feel overwhelmed, I can pause and try:**

3. **Here's a tool or strategy that helps me reset emotionally:**

4. **A moment I used emotional intelligence was:**

5. **My EQ Superpower helps me do these things:**

6. **Emotional intelligence helps me grow my personal competitive advantage by:**

7. **This is how EQ supports the lifestyle I want to live:**

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