

The Quick Emotional Intelligence Self-Assessment*

Emotional intelligence (*referred to as EQ*) is your ability to be aware of, understand, and manage your emotions.

This is NOT a scientific assessment, but rather an self-assessment for you to see where your EQ strengths may be.

Rank each statement as follows: 0 (Never) 1 (Rarely) 2 (Sometimes) 3 (Often) 4 (Always)

Self Awareness Total _____	
01234	My feelings are clear to me at any given moment.
01234	Emotions play an important part in my life.
01234	My moods impact the people around me.
01234	I find it easy to put words to my feelings.
01234	My moods are easily affected by external events.
01234	I can easily sense when I'm going to be angry.
01234	I readily tell others my true feelings.
01234	I find it easy to describe my feelings.
01234	Even when I'm upset, I'm aware of what's happening to me.
01234	I am able to stand apart from my thoughts and feelings and examine them.
Self Management Total _____	
01234	I accept responsibility for my reactions.
01234	I find it easy to make goals and stick with them.
01234	I am an emotionally balanced person.
01234	I am a very patient person.
01234	I can accept critical comments from others without becoming angry.
01234	I maintain my composure, even during stressful times.
01234	If an issue does not affect me directly, I don't let it bother me.
01234	I can restrain myself when I feel anger towards someone.
01234	I control urges to overindulge in things that could damage my well-being.
01234	I direct my energy into creative work or hobbies.

Quick Start Emotional Intelligence

Tao Wei



Quick Start Emotional Intelligence:

Emotional Intelligence: How To Quickly Develop Your Emotional Intelligence, Complete Guide To Improving Your Emotional Intelligence Today ,2015-02-03 Emotional Intelligence How To Quickly Develop Your Emotional Intelligence Complete Guide To Improving Your Emotional Intelligence Today Read on your PC Mac smart phone tablet The ability to control and express our own emotions is important and so is our ability to respond interpret and understand the emotions of people around us Experts define this ability as Emotional Intelligence This book contains proven steps and strategies on how to improve your emotional intelligence including the five key skills to make it work effectively Also provided in this book are the five characteristics of emotional intelligence that are essential in attaining true leadership improving it while at work and for parents a quick guide to nurturing emotional intelligence for your children Here Is A Preview Of What You ll Learn An Overview on Emotional Intelligence The 5 Skills of Emotional Intelligence Nine Ways on How to Improve Emotional Intelligence The Role of Emotional Intelligence While At Work Emotional Intelligence s Role in Effective Leadership Nurturing Emotional Intelligence among Children Much much more Emotional Intelligence also known as EQ is the person s ability to manage use identify and understand emotions in optimistic ways to overcome struggles have compassion with others resolve conflict relieve stress and communicate effectively EQ creates an impact in various aspects of our lives such as the way we behave and interact with other people If you have a high EQ you can recognize your own emotional state as well as others Your EQ serves as your level of understanding the emotional aspect of relating with people in order to establish genuine relationships achieve greater success at work and live a more fulfilling life Why EQ Is Very Important As we all know it s not only the smartest people that are the most fulfilled and successful in life Perhaps you know someone who is 100% academically inclined but he or she doesn t know how to value personal relationships Having intellectual intelligence or IQ is not enough to become successful in life An above average IQ can get you to college true But in the end it s your EQ that will help you handle the emotions anxiety and stress of college life especially during examinations Emotional intelligence affects Your relationship with others By controlling and understanding your emotions you ll be able to express how you understand and feel the emotions coming from your family friends and work colleagues Also this allows you to communicate with them more effectively and develop a meaningful work and personal life Your mentality Unmanaged stress creates impact in your mentality making you susceptible to depression and anxiety If you cannot manage or understand your emotions there is a good chance that you will suffer from mood swings which can ruin work or personal relationships and leave you feeling isolated Your physical being If you are unable to overcome stress this can lead to severe health problems Unmanaged stress speeds up the aging process contributes to infertility raises blood pressure suppresses the body s immune system and increases the risk of stroke and heart attack In line with this the crucial step to improving your EQ is by learning how to manage stress levels in your body [Investing QuickStart Guide - 2nd Edition](#) Ted D. Snow,2022-01-24 THE ULTIMATE

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you envy how even tempered and confident they are Do you wish you had their charm and influence Millions of people have regained control over their emotions and lives even though they thought it was impossible And now you can too Self Discipline NLP Guide Emotional Intelligence is made just for you In this guide you will learn how to master dark psychology and manipulation So if you want to influence people improve your mindset and improve your EQ then keep reading We all want a healthy amount of control in our daily lives This is especially true if we suffer from addiction and depression or if we re constantly manipulated But what if you can harness the power of the law of attraction and hypnosis What if you become so influential that the universe has no choice but to submit to your bidding What if you achieve a laser sharp focus that you effortlessly tick off everything on your to do list It s all possible All you need to do is do everything right Now you may think That s just not possible And you re right It s impossible to do EVERYTHING right But what successful people do is aim for what truly matters And they make sure to focus their energy on executing them the best way possible With Self Discipline NLP Guide Emotional Intelligence you will learn proven methods successful people use to always get what they want Using practical evidence based principles you can effectively manipulate others create stronger relationships and succeed in life When you get this uniquely practical guide you ll see a lot of your bad luck go away And things will slowly but surely fall into place You ll learn that contrary to what you ve learned in school EQ is just as important if not more as IQ Over the course of this comprehensive guide you will Learn the secret to high performance and fulfillment Master your emotions and put a permanent end to your addiction Overcome stress and depression using healthy and sustainable coping mechanisms Increase your emotional intelligence using just 5 steps Significantly boost your self discipline in just 11 steps Apply the 5 most important things for reverse psychology to work Learn 10 proven methods that people use to manipulate others to get what they want Cure your phobia the easy practical way using step by step NLP techniques And so much more What sets this guide apart is its practicality While it deals with highly technical topics information is explained in simple and gradual terms So even if you have no psychology background you can apply proven tips with ease When you have this guide by your side you re guaranteed to implement the right things in the right way Are you ready to get everything you want out of life Buy Now and Start Taking Control and Improving Your Life Today [Quick Guide to the 16 Personality Types and Career Mastery](#) Charles R. Martin,2003 [Emotional Intelligence](#) Annie Bird,2020-06-27 **Running & Growing a Business QuickStart Guide** Ken Colwell,2022-09-19 The Best Book For New Or Experienced Entrepreneurs Who Want To Grow Their Business Includes FREE Digital Bonuses Business Valuation Workbook Employee Evaluation Template and Much More Learn Why QuickStart Guides are Loved by Over 1 Million Readers Around the World You ve started a brand new business Are you ready to crush the competition A Comprehensive Guide on How to Grow Profits and Scale Your Business Successfully It s no secret that starting a new business isn t easy Once everything is up and running however entrepreneurs face a new set of challenges It s time to leave the uncertainty behind and start scaling the success of your business Best selling author

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Table of Contents Quick Start Emotional Intelligence

1. Understanding the eBook Quick Start Emotional Intelligence
 - The Rise of Digital Reading Quick Start Emotional Intelligence
 - Advantages of eBooks Over Traditional Books
2. Identifying Quick Start Emotional Intelligence
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Quick Start Emotional Intelligence
 - User-Friendly Interface
4. Exploring eBook Recommendations from Quick Start Emotional Intelligence
 - Personalized Recommendations
 - Quick Start Emotional Intelligence User Reviews and Ratings
 - Quick Start Emotional Intelligence and Bestseller Lists
5. Accessing Quick Start Emotional Intelligence Free and Paid eBooks
 - Quick Start Emotional Intelligence Public Domain eBooks
 - Quick Start Emotional Intelligence eBook Subscription Services

- Quick Start Emotional Intelligence Budget-Friendly Options
- 6. Navigating Quick Start Emotional Intelligence eBook Formats
 - ePub, PDF, MOBI, and More
 - Quick Start Emotional Intelligence Compatibility with Devices
 - Quick Start Emotional Intelligence Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Quick Start Emotional Intelligence
 - Highlighting and Note-Taking Quick Start Emotional Intelligence
 - Interactive Elements Quick Start Emotional Intelligence
- 8. Staying Engaged with Quick Start Emotional Intelligence
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Quick Start Emotional Intelligence
- 9. Balancing eBooks and Physical Books Quick Start Emotional Intelligence
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Quick Start Emotional Intelligence
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Quick Start Emotional Intelligence
 - Setting Reading Goals Quick Start Emotional Intelligence
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Quick Start Emotional Intelligence
 - Fact-Checking eBook Content of Quick Start Emotional Intelligence
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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