

Emotional Intelligence Test

Name: Kezia Peterson

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Instructions: Please read each statement and select the most appropriate response to indicate how frequently you experience the behavior described in the statement. There are no right or wrong answers, and please answer as honestly as possible.

Statements	Never	Rarely	Sometimes	Often	Always
Self-awareness					Score: 19
1. I am aware of my emotions as they arise.	☐	☐	☐	☒	☐
2. I am aware of how my emotions impact my behavior and decision-making.	☐	☐	☐	☒	☐
3. I have a good sense of my own abilities and limitations.	☐	☐	☒	☐	☐
4. I am aware of my own emotional triggers.	☐	☐	☐	☒	☐
5. I am aware of how others perceive me.	☐	☐	☐	☒	☐
Managing emotions					Score: 14
6. I am able to stay focused and think clearly even when experiencing powerful emotions.	☐	☐	☒	☐	☐
7. I am able to manage stress in healthy ways.	☐	☐	☒	☐	☐
8. I am able to bounce back quickly after setbacks.	☐	☐	☒	☐	☐
9. I am able to calm myself down when I feel anxious or upset.	☐	☐	☒	☐	☐
10. I am able to control my temper and avoid saying or doing things I later regret.	☐	☒	☐	☐	☐
Motivating oneself					Score: 16
11. I am able to regulate my own emotions to stay focused on my goals.	☐	☐	☒	☐	☐
12. I am able to use my emotions to motivate myself towards my goals.	☐	☐	☒	☐	☐
13. I am able to stay motivated even when faced with obstacles and setbacks.	☐	☐	☒	☐	☐
14. I am able to delay gratification in pursuit of my goals.	☐	☐	☐	☒	☐
15. I am able to stay optimistic in the face of challenges.	☐	☐	☒	☐	☐
Empathy					Score: 20
16. I am able to establish a sense of trust with others.	☐	☐	☐	☒	☐
17. I am able to express empathy in a way that feels genuine to others.	☐	☐	☐	☒	☐
18. I am able to respond appropriately to the emotions of others.	☐	☐	☐	☒	☐
19. I am able to understand the perspective of others.	☐	☐	☐	☒	☐
20. I am able to sense the emotions of others.	☐	☐	☐	☐	☐

Emotional Intelligence Test To Print

R Bogdan



Emotional Intelligence Test To Print:

Emotional Intelligence Test To Print: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthraling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Emotional Intelligence Test To Print : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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