

Emotional Intelligence Questions

Self-awareness is the ability to identify and understand your own emotions, strengths, and weaknesses, and how they affect you. It helps you recognize how your feelings can help or hinder you as you work towards your goals.

- How can I use the feedback to grow?
- Do I have a balanced view of who I am?
- Am I myself?
- Do I stick to my values?
- Do I practice self-care? Do I take the time to rest my body and brain?
- Am I living the best I can to my values?
- What gives me energy? And am I doing it?
- I consider one of my significant strengths to be _____ because _____
- How do I feel my biggest strengths benefit me?
- I consider one of my biggest weaknesses to be _____ because _____
- How do I feel my weakness may impact my success at achieving my goals?
- When am I at my best?
- What kind of person do I want to be today?
- What three words would I use to describe myself? Why?
- How do I currently feel about myself?
- Do I enjoy spending time alone?
- Do I think my ego gets in the way?
- What does the word "self-love" mean to me?
- Am I living my life for myself?

Self-management is the ability to manage your emotions and emotional reactions in a way that allows you to accomplish a task, reach a goal, or provide a benefit.

- Do I say NO and not feel guilty?
- Am I practicing self-discipline to get the most out of my days?
- Do I know how to handle my negative emotions? (Don't ignore, work to understand)
- Do I focus on what I can control?
- Do I do my best to control my thoughts?
- How do I de-stress after a bad day?
- What kind of behaviour makes me angry or annoyed?
- What situations make me feel terrible, and what do they have in common?
- How do I stay grounded when I feel overwhelmed?
- What motivates me to make progress?
- Do I accept compliments easily?
- When negative thoughts arise, how do I deal with them?
- How do I recover from failure?
- When have I felt demotivated? And what did I do to overcome this?
- How do I feel when faced with change?
- Am I good at letting things go?
- How do I celebrate success?

Emotional Intelligence Questions

Social awareness is using empathy to understand the feelings of others and to see and feel things from the perspective of others.

- Do I listen to the message and not just the words? (Paying attention to body language)
- Do I practice showing empathy to others?
- Do I forgive and move on?
- Can I observe without evaluating?
- Do I believe people can really change? Why or why not?
- Do I think time heals all wounds? Why or why not?
- How do I respond when someone I know challenges me?
- Have I ever had to change my behaviour? If yes, why? How did I change it?
- Could I live without the internet?
- What do I want to learn more about?
- Do I feel connected to my culture?
- My friends and family come to me for advice because _____
- Do I ask questions when I don't understand?
- Do I use active listening skills when people speak to me?
- I enjoy being with groups of people because _____
- Do I struggle to build rapport with others?
- If I know a friend is having a hard time, do I reach out to them?

Relationship management allows you to get the most out of your relationships and strengthen the level of trust you have with others.

- Do I acknowledge others? How do I do so?
- Do I praise others?
- Do I give feedback? (Not criticism. Asking? Am I helping with what I say or harming?)
- Do I keep my commitments?
- Do I believe in giving second chances? Why or why not?
- How open am I with others?
- Do I enjoy spending time with others?
- How often do I ask others for help?
- Am I good at establishing boundaries?
- Who do I call when I'm upset? Why?
- When did I last make a new friend?
- How would some of my closest friends describe me?
- What would I like to be remembered for?
- What do I admire about my closest friends?
- Do I enjoy spending time with my friend group?
- Do I think before I speak?
- What effect does my communication have on others?