



emotional mastery



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EMOTIONAL MASTERY



DATE: _____

MY GOAL THIS MONTH: _____

WHY? _____

ASSESS YOUR EMOTIONAL INTELLIGENCE:

Emotional intelligence (EI) can be assessed through a variety of methods which can be found online. This workbook guides you to gain general awareness of your emotional state by asking self-reporting questions in the following areas:

**SELF-
AWARENESS**

**SELF-
MANAGEMENT**

**SOCIAL
AWARENESS**

**RELATIONSHIP
MANAGEMENT**



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YOUR SELF-AWARENESS

understanding your own emotions and how they impact your thoughts and behaviors

1. how do you recognize your emotions?

2. what makes you angry?

3. how do you celebrate success?

YOUR SOCIAL AWARENESS

recognizing and understanding others' emotional states.

1. how do you recognize others' emotions?

2. do you consciously consider others' emotions? why?

3. how did your perspective change last time you put yourself in other's shoes?

YOUR SELF-MANAGEMENT

how you manage or self-regulate your emotions

1. how do you respond when you are being challenged?

2. how do you recover from failure?

3. how do you de-stress after a bad day?

YOUR RELATIONSHIP MANAGEMENT

actions you take in response to your social awareness.

1. how do you resolve conflicts with others?

2. what inspires you in a relationship?

3. how do you express your feelings when you feel misunderstood?



EMOTIONAL MASTERY



WEEK 4

AFFIRMATION: I communicate openly and honestly, expressing my thoughts with clarity and respect.

JOURNAL PROMPTS

how do I set healthy boundaries to ensure that my own needs are met while respecting the needs of others?



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