

Emotional Intelligence Audit™

1. **Intro Section (with call to action)**
2. **Assessment Framework (5 core EQ domains + scoring)**
3. **Results Interpretation**
4. **Growth Activation Plan**
5. **Call to Action (link to your course, newsletter, or video series)**

Emotional Intelligence Audit™

Unlock Your EQ Superpower: Assess, Reflect, Activate

 *“Your EQ is the invisible engine driving your leadership, relationships, and success. When you measure it—you can master it.”*

— Dr Elena Carruba

Instructions

Take 10 minutes to rate yourself across the 5 domains of emotional intelligence. Be radically honest—this is for you.

Rate each statement from 1 (Not True) to 5 (Always True). Add up each domain’s total at the end.

DOMAIN 1: SELF-AWARENESS

How well do you know your emotional triggers and patterns?

1. I can identify my emotions in real time.
2. I understand how my feelings affect my behavior.
3. I take time to reflect after emotionally intense situations.
4. I am aware of my personal values and motivations.
5. I can admit when I’m wrong without defensiveness.

Subtotal (max 25): _____

DOMAIN 2: SELF-REGULATION

Do you stay calm, adaptable, and focused under pressure?

1. I manage my impulses effectively.
2. I remain composed when things go wrong.
3. I can delay gratification for long-term goals.
4. I adapt well to unexpected challenges.
5. I don’t let emotions control my decisions.

Subtotal (max 25): _____

DOMAIN 3: MOTIVATION

Do you have an internal drive that sustains you?

1. I set meaningful goals for myself.
2. I remain committed even in the face of setbacks.
3. I seek learning and self-improvement consistently.
4. I bounce back quickly after failure.
5. I align my actions with my deeper purpose.

Subtotal (max 25): _____

DOMAIN 4: EMPATHY

How attuned are you to others' emotions and perspectives?

1. I can sense what others feel even without words.
2. I listen to understand, not just to reply.
3. I respect diverse views, even when I disagree.
4. I recognize emotional undercurrents in group dynamics.
5. I offer genuine support without judgment.

Subtotal (max 25): _____

DOMAIN 5: SOCIAL SKILLS

Can you influence, lead, and collaborate with impact?

1. I manage conflict constructively.
2. I inspire and motivate others effectively.
3. I communicate with clarity and presence.
4. I build strong relationships across differences.
5. I navigate power dynamics with fairness and purpose.

Subtotal (max 25): _____

Interpret Your Score

- **101–125: EQ Vanguard** – You're highly emotionally intelligent. Fine-tune your strategy for high-impact leadership.
- **76–100: EQ Emerging Leader** – Strong foundation. Prioritize consistency and higher-stakes applications (e.g., conflict or public leadership).

- **51–75: EQ Developing** – You're growing. Choose one domain to actively strengthen over the next 90 days.
- **Below 50: EQ Reboot Needed** – Start with awareness and regulation. Seek coaching, journaling, or meditation to develop your emotional baseline.



Activate Your Personalized Growth Plan

Pick your **lowest scoring domain** and choose 3 actions from below to focus on for 30 days:

Domain	Example Action
Self-Awareness	Daily emotion tracking (use apps like Moodnotes)
Self-Regulation	3x5 breathing during conflict
Motivation	Set one bold, intrinsic goal
Empathy	Daily empathy journal: “What might X be feeling today?”
Social Skills	Practice assertiveness in one conversation per day

“Emotional intelligence is not a trait you’re born with. It’s a skill you sharpen.”



Next Steps & CTA



Watch the full **EQ x AI Leadership Series**



Enroll in “*AIQ-Savvy & EQ-Shrewd Vanguard Leader*” – your step-by-step transformation roadmap



Subscribe to the *Whispers of Vanguard Wisdom* audio series



Download your free Leadership Impact Pack



Use your EQ as leverage, not luck.