Emotional Intelligence AuditTM

- 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

6 "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.

ODE TO 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): _____

6 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): _____

ODE TO SERVICIO SE LA CONTRACTION

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):

O 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): _____



- **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

Daily empathy journal: "What might X be feeling today?" Empathy

Social Skills Practice assertiveness in one conversation per day

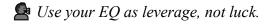
Mext Steps & CTA



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

Subscribe to the *Whispers of Vanguard Wisdom* audio series

Ownload your free Leadership Impact Pack



[&]quot;Emotional intelligence is not a trait you're born with. It's a skill you sharpen."