

HACK YOURSELF | ACTIVITY SHEET 7

DEVELOPING EMOTIONAL INTELLIGENCE

Lets start with Self-awareness

There's no right or wrong answer here, this is an opportunity to reflect on yourself and to be tuned to how others might perceive you. Emotional Intelligence is about being able to perceive, relate and understand emotions in yourself and in others.

How would you describe your strengths?

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How would your friends and family describe your strengths?

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What are your areas for development?

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How would you describe yourself in 3 words?

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How would your friends describe you in 3 words. (Ask them)

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What makes you feel sad/unhappy?

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Do you feel sad/unhappy when you see people upset?

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How do you feel about upsetting others?

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EMOTIONAL INTELLIGENCE IN BUSINESS

Think of when you were a leader and you took a stand and made sure everyone followed.

- a.How did you feel?
- b.How do you think others felt?

Think of when you were a leader and took a stand on an issue and then backed down.

- a.How did you feel?
- b.How do you think others felt?

Think of when you were a leader and didn't take a stand on a particular issue when you should have.

- a.How did you feel?
- b.How do you think others felt?

Think of when you were an employee and took a stand on an issue and did not back down.

- a.How did you feel?
- b.How do you think others felt?
- c.How did your boss feel?

Think of when you were an employee and took a stand on an issue, felt forced and backed down.

- a.How did you feel?
- b.How do you think others felt?
- c.How did your boss feel?

Think of when you were an employee and didn't take a stand on an issue and then later strongly regretted that you should have not backed down.

- a.How did you feel?
- b.How do you think others felt?
- c.How did your boss feel?

Reflect on these answers and remind yourself of them in the many different situations you're exposed to in your day-to-day life.