

EI Snapshot

Name: _____

Focus: _____

Introduction

Intelligence. Does the word make you instantly think of being extremely smart? Is there only one way to be smart? While some people define intelligence as being the smartest in class or on a job, being smart can mean many other things. You can be smart about yourself and others – you can have intelligence about your ideas and your emotions.

The EI Snapshot will give you an opportunity to look in the mirror and learn more about yourself. How emotionally intelligent do you think you are? Take a minute and find out.

Instructions

Please respond to each of the following questions according to the following scale.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

This should be a quick decision (no more than 30 seconds). Do not analyze the options – go with your instinct.

- _____ 1. I know how my emotions impact me.
- _____ 2. I know what I am good at.
- _____ 3. I am self- confident in what I do.
- _____ 4. I am in control of my emotions.
- _____ 5. I know what is difficult for me to do.
- _____ 6. I am open with others about my feelings.
- _____ 7. I can easily adapt to new situations.
- _____ 8. I seek out opportunities to be challenged.
- _____ 9. I set goals for myself and know how achieve them.
- _____ 10. I take the initiative to get things done.
- _____ 11. I can identify who has influence over others in a group.
- _____ 12. I easily understand what others are feeling.
- _____ 13. I can easily figure out the politics of an organization or group.
- _____ 14. I am good at helping others out.
- _____ 15. I help others get the most out of their experiences.
- _____ 16. I influence others through my actions or ideas.
- _____ 17. I help others learn about themselves.
- _____ 18. I often initiate change in my organizations or groups.
- _____ 19. I am good at handling conflict and resolving disagreements.
- _____ 20. I create a feeling of friendliness and cooperation when I work with others.



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Scoring

Transfer your scores from the preceding statements and combine the scores as indicated below.

Self-Awareness	Self-Management	Social Awareness	Relationship Management
#1 _____	#6 _____	#11 _____	#16 _____
#2 _____	#7 _____	#12 _____	#17 _____
#3 _____	#8 _____	#13 _____	#18 _____
#4 _____	#9 _____	#14 _____	#19 _____
#5 _____	#10 _____	#15 _____	#20 _____
Total _____	Total _____	Total _____	Total: _____

What does your score mean?

A score of 22-25 in any area indicates strengths in that area of emotional intelligence.

A score of 18-21 in any area indicates some strength and some limitations in that area of emotional intelligence.

A score of 17 or below in any area is an indication of more limitations than strengths in that area of emotional intelligence.

Remember, the skills that comprise the areas of emotional intelligence are all learnable. That means that limitations can be developed into strengths with focused efforts, and strengths can become limitations without sustained attention.

Emotional intelligence (EI) is about knowing yourself and knowing how to interact with others. EI is about skills and abilities, not moods or qualities. Those with high EI are more successful in life, have better quality relationships, live with less stress, and are generally more effective in what they do. Becoming more emotionally intelligent is a learning process for life – the more we committed we are to improving ourselves, the more likely it is that we'll enhance our quality of life, our interactions with others, and our leadership potential.

For more information about enhancing your emotional intelligence and other EI assessments, please contact:

MLS Consulting
info@mlsconsulting.net
216.513.5673

