

REFLECTING ON THIS IMAGE, PLEASE TAKE SOME TIME TO THINK ABOUT THE FOLLOWING QUESTION:

<h2>Low Emotional Intelligence</h2>	<h2>High Emotional Intelligence</h2>
Feels misunderstood and unappreciated	Learns and adapts to audiences and situations
Blames others for problems and difficult situations	Assumes responsibility and fixes problems (creatively)
Subject to emotional outbursts and moodiness	Takes control of performance and productivity; Self-disciplined
Gets angry and hostile in conflict and confrontation	Manages feelings for positive, win/win resolution
Focuses on competition and winning	Emphasizes abundance thinking, teamwork and collaboration
Doesn't understand what others are thinking and feeling unless directly told	Effective at reading both verbal and nonverbal cues for empathy
Has few long-term, quality relationships	Leverages relationships for mutual gain and growth

Consider areas of your life that reflect high or low emotional intelligence.

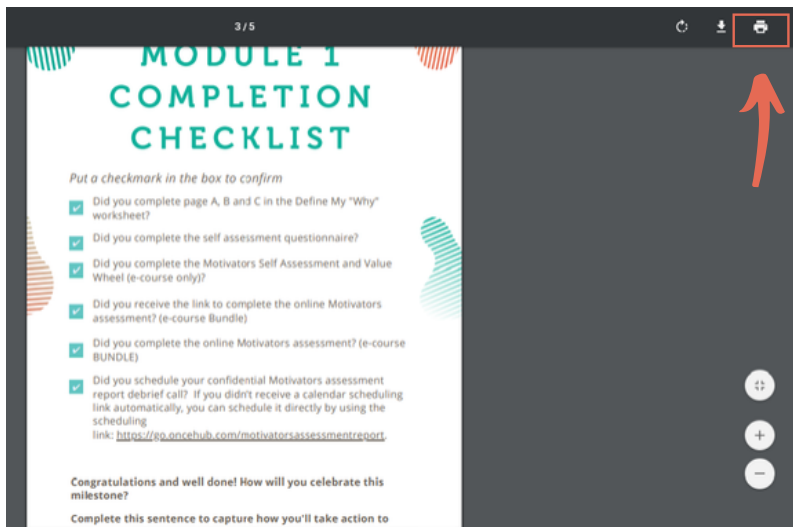
What is currently happening that makes you think so?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box is centered on the page and occupies most of the lower half of the document.

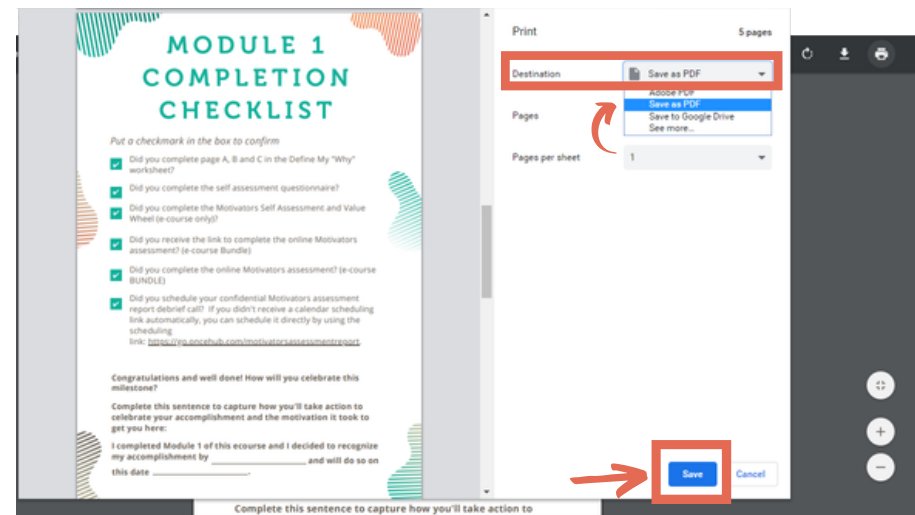
What is the most important quotient measured in Emotional Intelligence and why?

Guide on how to save your worksheet

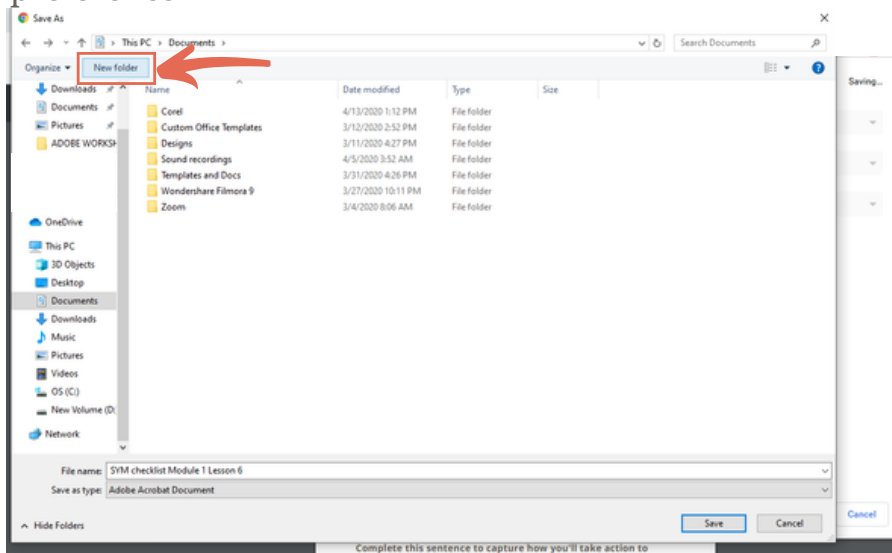
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

