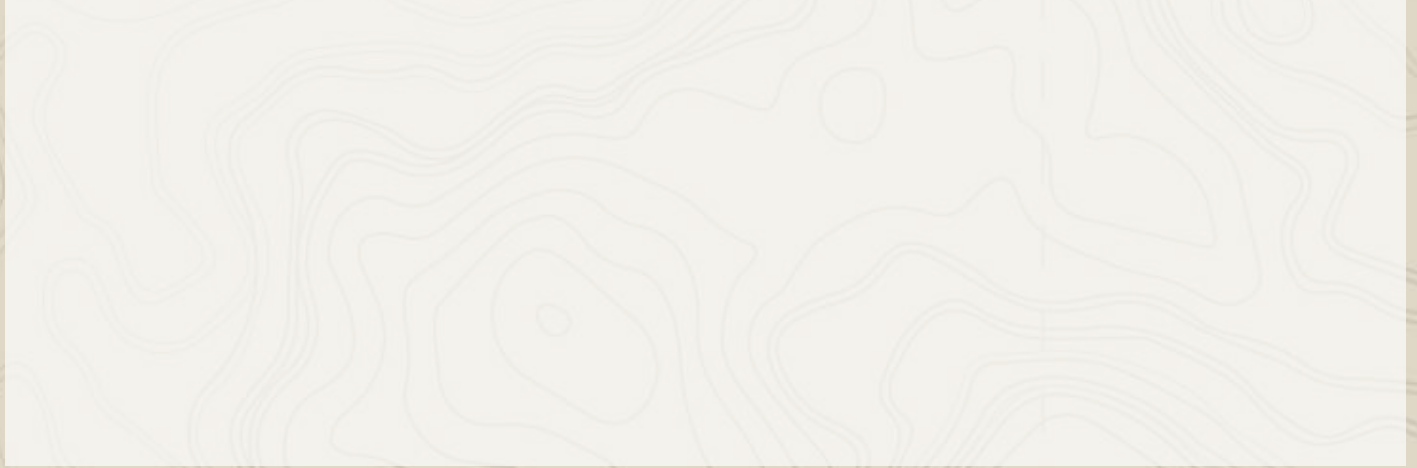
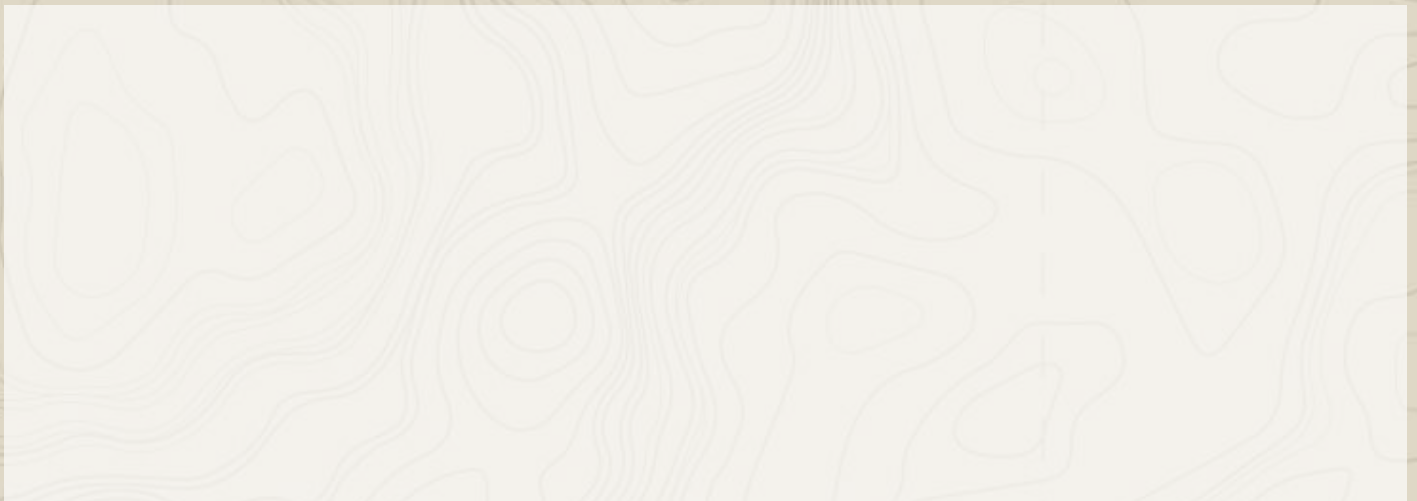


Self-Recognition (SeR) Quotient Worksheet

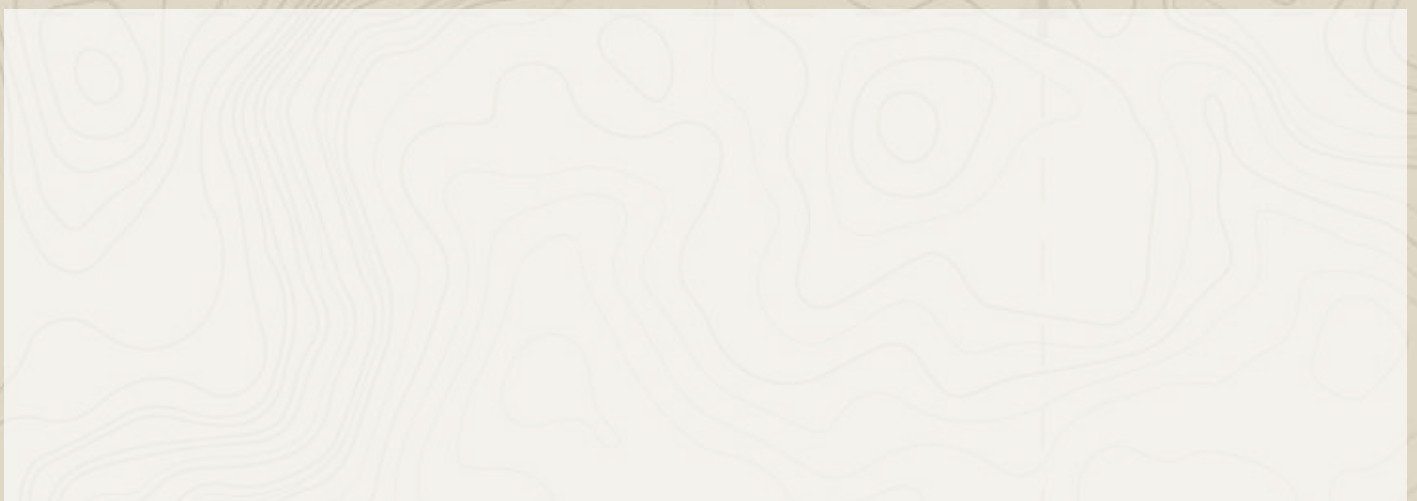
How conscious are you of your different emotions and feelings consistently?



Can you name your different emotions? How many of them can you identify?

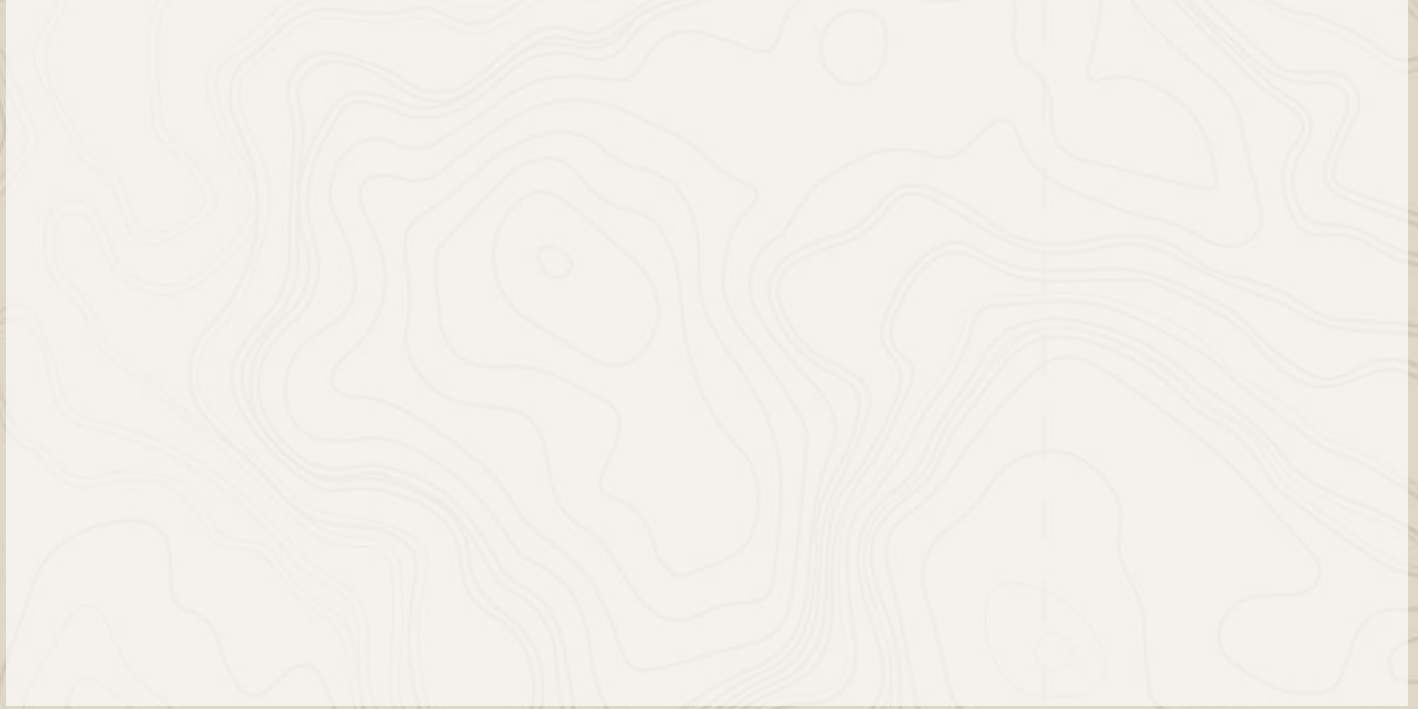


How do your emotions, moods and temperament affect your personal life and professional performance?

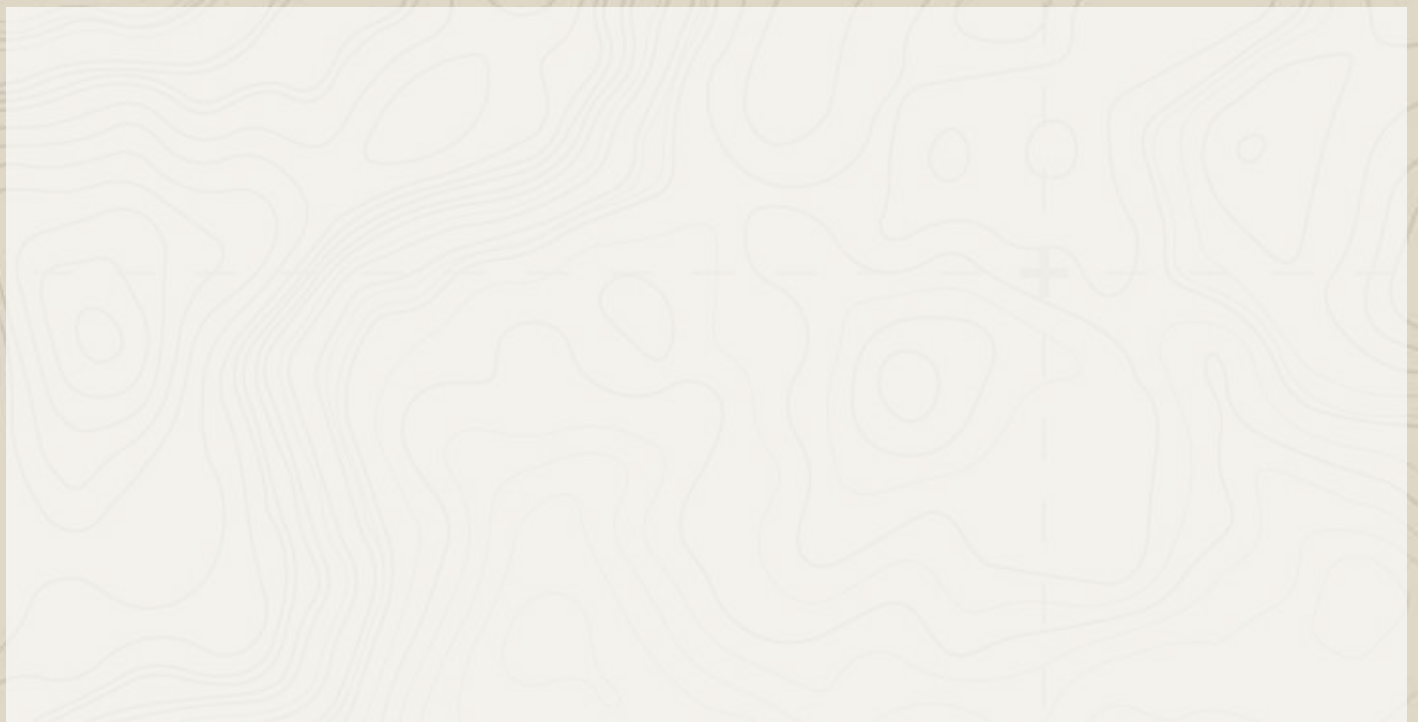


Self-Recognition (SeR) Quotient Worksheet

How can you become more conscious of your feelings and more aware of their impact?

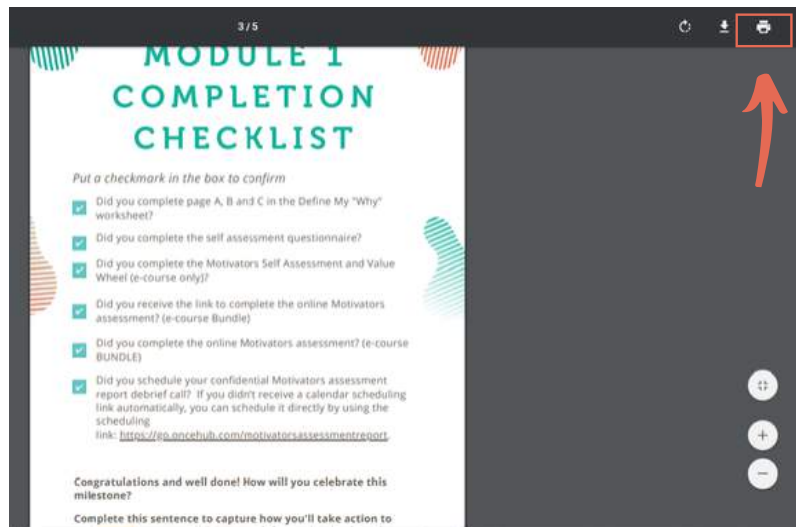


Are you aware of the effects your feelings have? Are there ways to choose positive emotions and minimize negative ones?

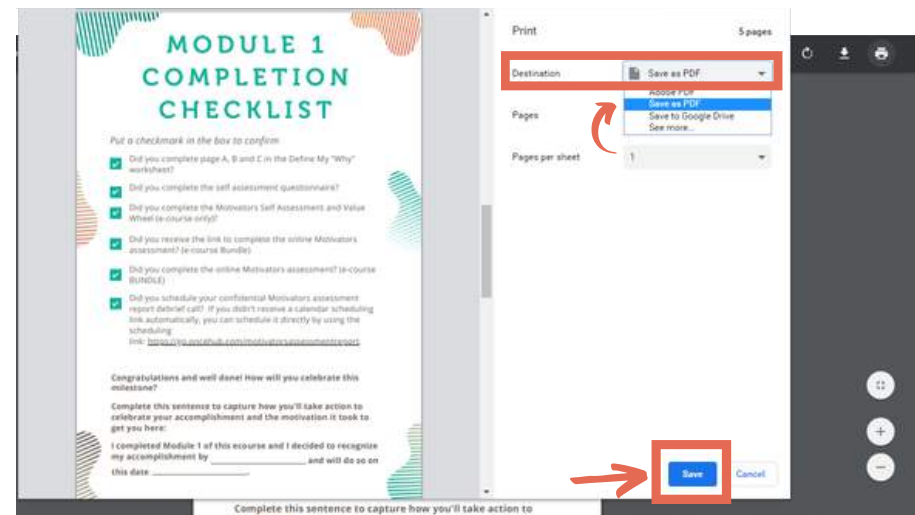


Guide on how to save your worksheet

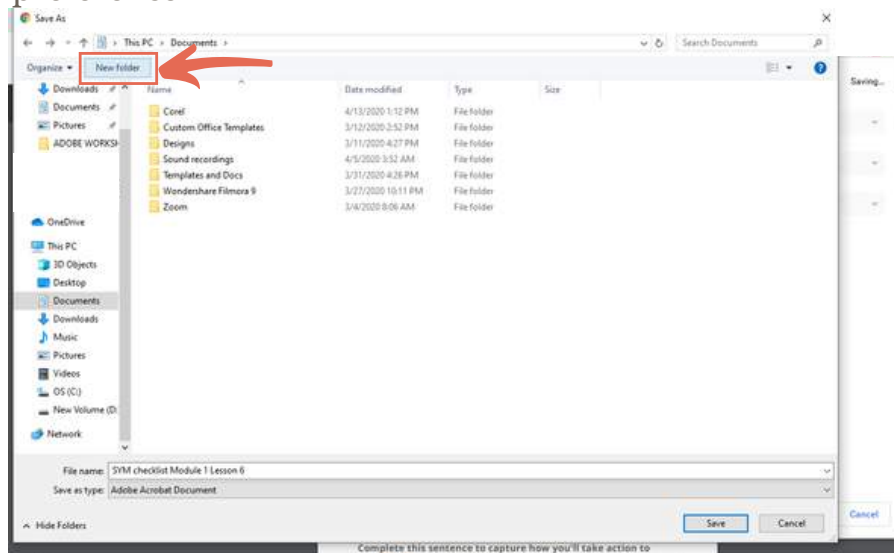
Step 1: Click on the print icon 



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

