

The image shows a spiral-bound notebook with a teal cover. The spiral binding is on the left side. The cover has a white background with teal text and a teal border. The text is centered and reads: "Foundations of Emotional Intelligence" in a bold, dark grey font, followed by "MODULE 3" in a smaller, dark grey font, which is underlined. Below this, the words "Module", "Completion", and "Checklist" are stacked vertically in a large, teal, serif font.

**Foundations of Emotional
Intelligence**

MODULE 3

**Module
Completion
Checklist**

I downloaded and completed the worksheets attached to Module 3. Use the checkbox to mark them as completed.

- Questions for Self-Management
- Questions for Social Management
- Trust Audit Questionnaire
- Define Your Why (if you didn't complete it already)
- Automatic Thinking Worksheet (if you didn't complete it already)
- Did you have an opportunity to practice the "Be the Fog" activity?

Reading/Books/Self Development Resources

Remember, you receive the gift of a 50% discount on your next e-course from Authentika Academy when you complete Foundations of Emotional Intelligence.

Here's a link to Supercharge your Motivation:

<https://authentikaconsulting.com/supercharge/>

Please check out Authentika's blog posts as many of the topics relate directly to what you've learned in this e-course.

<https://authentikaconsulting.com/blog-discussing-uncovering-challenges/>

BOOKS

Start with Why

By Simon Sinek

Mindset - Updated Edition: Changing The Way You think To Fulfil Your Potential

By Carol Dweck

The Speed of Trust: The One Thing that Changes Everything

By Stephen M. R. Covey

A Leader's Legacy

By James M. Kouzes & Barry Z. Posner

The Five Dysfunctions of a Team: A Leadership Fable

By Patrick Lencioni

The Trusted Advisor

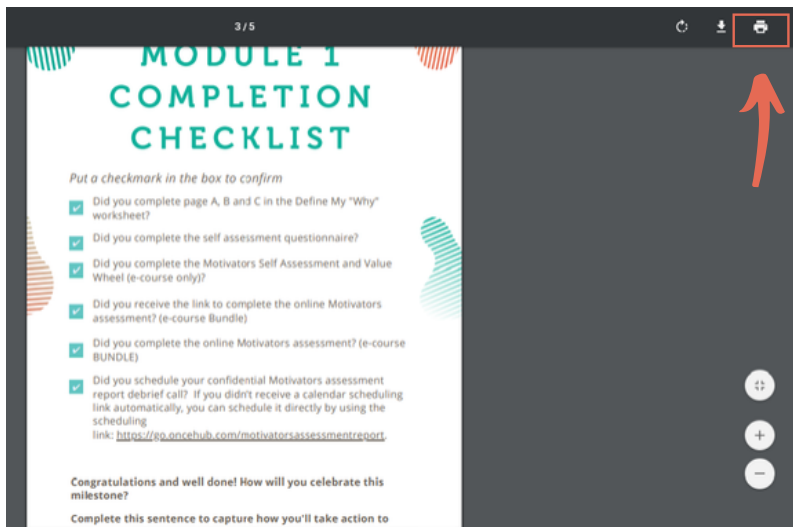
By David H. Maister, Charles H. Green & Robert M. Galford

Trust Edge: How Top Leaders Gain Faster Results, Deeper Relationships, and a Stronger Bottom Line

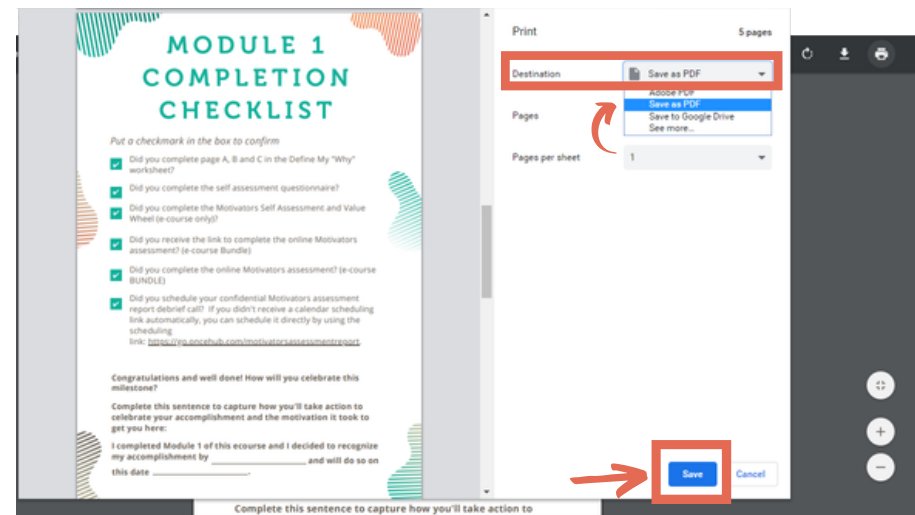
By David Horsager

Guide on how to save your worksheet

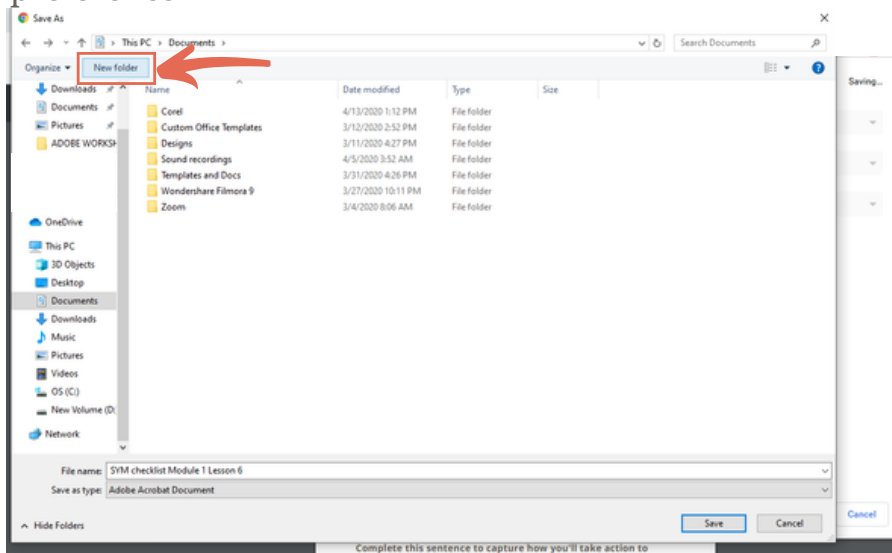
Step 1: Click on the print icon 



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

