

DEVELOPING EMOTIONAL INTELLIGENCE

Sharpen Self-Awareness To Strengthen Relationships

	YES	NO
1 Do you regularly pause to reflect before responding in emotionally charged situations?	<input type="checkbox"/>	<input type="checkbox"/>
2 Are you aware of how your mood impacts the people around you?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you recognize specific emotions as they arise within yourself?	<input type="checkbox"/>	<input type="checkbox"/>
4 Are you able to control impulses when feeling stressed or angry?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you consider other people's perspectives during disagreements?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you maintain composure during unexpected setbacks or criticism?	<input type="checkbox"/>	<input type="checkbox"/>
7 Are you intentional about listening without interrupting or judging?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you notice emotional cues from others and adjust your tone or actions?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you seek feedback on how your behavior affects those you work or live with?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you actively work on improving your communication and relationships?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You are highly self-aware and empathetic, allowing you to manage relationships and decisions with clarity and confidence.



4–6 Yes Answers: You've developed foundational skills in emotional intelligence, but there's room to grow in managing reactions and deepening empathy.



0–3 Yes Answers: Low emotional awareness may be impacting your personal and professional relationships—now is the time to prioritize your emotional development.