

# Emotional Intelligence Reflection & Practice Worksheet

## Story Reflections & Mini-Challenges

### ***Ancient: Laozi and the Still Water (China, 6th Century BCE)***

Reflection: What emotions most often ripple my still water? What helps me return to clarity?

Mini-Challenge: Practice the 'Still Water Pause.' Before responding to something emotional this week, take one conscious breath.

### ***Middle Era: Toussaint Louverture and the Haitian Revolution (18th Century)***

Reflection: Where in my leadership do I need to practice restraint rather than reaction?

Mini-Challenge: When conflict arises, pause and ask: What outcome do I actually want? Let that guide your tone.

### ***Modern: Satya Nadella and Microsoft's Transformation (21st Century)***

Reflection: What would change in my leadership if I led with curiosity instead of certainty?

Mini-Challenge: Ask one person for feedback on how your leadership makes them feel—and listen without defensiveness.

## The Five Domains of Emotional Intelligence

Self-Awareness → Self-Regulation → Motivation → Empathy → Social Skill

Domain	Description	Rate (1-5)	One Action to Strengthen
Self-Awareness	Recognizing emotions as they arise.		
Self-Regulation	Managing impulses and choosing responses.		
Motivation	Acting from purpose, not ego.		
Empathy	Understanding others' feelings without absorbing them.		
Social Skill	Turning awareness into connection and influence.		

Mini-Challenge: Choose one domain to strengthen this week and create a simple micro-habit around it.

## Weekly Emotional Intelligence Tracker

Day	How I Practiced Emotional Intelligence
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

## Journaling Prompt

What did I notice this week about how my emotions affected others—and how theirs affected me?