

Emotional intelligence goal planner

When you have completed the test, scroll down to see the breakdown of the individual areas and how you can develop your skills in each.

Select this link to be taken to the **Mindtools quiz**.

Overall test score =		Skill level (out of 15)	What would I have to change, in order to increase my score?	Rank priority
Personal skills	Self-awareness			
	Self-regulation			
	Motivation			
Social skills	Empathy			
	Social skills			

My goal:

Specific actions:

When will these actions be completed?

Helpful people and thoughts:

Strengths you have or need:

Possible problems:

Solutions: