

7-day tracker: EQ

INSTRUCTIONS

Practice one emotional intelligence skill each day for a week. Use the tables below to record your progress and reflect on your experiences.

DAY	SKILL FOCUS	ACTIVITY	REFLECTION
Monday	Self-awareness	Name one emotion you felt today.	How did it affect your choices?
Tuesday	Self-regulation	Pause and breathe before reacting.	What changed after pausing?
Wednesday	Empathy	Ask someone how they are and listen.	What did you learn?
Thursday	Motivation	Set one realistic goal for the day.	Did you achieve it? Why or why not?
Friday	Social skills	Give positive feedback to someone.	How did they respond?
Saturday	Self-awareness	Journal one trigger and response.	What pattern do you notice?
Sunday	Reflection	Review your week.	Which skill felt easiest? Hardest?

Progress tracker: Check off each day as you complete the activity and reflection.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REMEMBER

Emotional intelligence is a lifelong skill that grows with practice.

Take a few minutes to reflect on which skill felt most natural, what was the hardest to apply and how taking part in these activities impacted your decisions for the future.

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