

**I am aware of my moods and feelings.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**2) I can accurately define my different emotions.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**3) I can express the difference between intense feelings and passing moods.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**4) I know what triggers my different emotions.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**5) I am aware of the impact of my feelings on my thinking.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**6) I have realistic self-confidence and personal assurance.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**7) I am responsible for my own feelings.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**8) People are aware of my feelings.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**9) I am at ease and relaxed with how others perceive me.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**10) In group contexts, I get along well.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**11) I am sensitive to tone and nonverbal cues of the emotions of others.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**12) I am at ease hearing others express feelings.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**13) It is easy for me to relate, be considerate and empathize.**

Strongly	Disagree	Neutral	Agree	Strongly
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Disagree				Agree
<b>14) People seek me out to be part of their teams.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>15) I have an inner sense of unwritten rules.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>16) Without being told directly, I can sense how others feel.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>17) I find it relatively easy to meet new people.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>18) I can strike up conversations and connect easily.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>19) I have developed self-mastery and personal control.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>21) My life has plan, purpose and direction.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>22) I am flexible and adaptable as situations change.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>23) I am focused on the current tasks at hand.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>24) I maintain a positive, optimistic outlook.</b>				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

**25) I am in control of my personal destiny.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**26) When I know what I want, I go after it.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**27) I am excited about the future and look forward to tomorrow.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**28) When I need to be, I am persuasive and influential.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**29) I accept feedback and critique for personal and professional growth.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**30) Others look to me for advice and guidance.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**31) I have the ability to transform change into progress.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**32) I am an important part of teams that succeed.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**33) Resolution and improvement are more important than personal blame.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**34) I get satisfaction from relationships.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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**35) I manage difficult conversations and sensitive issues.**

Strongly  
Disagree      Disagree      Neutral      Agree      Strongly  
Agree

36) **I can focus the efforts of different people into collaborative results.**

Strongly  
Disagree      Disagree      Neutral      Agree      Strongly  
Agree