

I am aware of my moods and feelings.

Strongly Disagree Disagree Neutral Agree Strongly Agree

2) **I can accurately define my different emotions.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

3) **I can express the difference between intense feelings and passing moods.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

4) **I know what triggers my different emotions.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

5) **I am aware of the impact of my feelings on my thinking.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

6) **I have realistic self-confidence and personal assurance.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

7) **I am responsible for my own feelings.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

8) **People are aware of my feelings.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

9) **I am at ease and relaxed with how others perceive me.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

10) **In group contexts, I get along well.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

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

Strongly Disagree Disagree Neutral Agree Strongly Agree

12) **I am at ease hearing others express feelings.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

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

Strongly Disagree Disagree Neutral Agree Strongly Agree

Disagree

Agree

14) **People seek me out to be part of their teams.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

15) **I have an inner sense of unwritten rules.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

16) **Without being told directly, I can sense how others feel.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

17) **I find it relatively easy to meet new people.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

Agree

Strongly

18) **I can strike up conversations and connect easily.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

19) **I have developed self-mastery and personal control.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

21) **My life has plan, purpose and direction.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

22) **I am flexible and adaptable as situations change.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

23) **I am focused on the current tasks at hand.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

24) **I maintain a positive, optimistic outlook.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

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

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

26) **When I know what I want, I go after it.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

27) **I am excited about the future and look forward to tomorrow.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

28) **When I need to be, I am persuasive and influential.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

29) **I accept feedback and critique for personal and professional growth.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

30) **Others look to me for advice and guidance.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

31) **I have the ability to transform change into progress.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

32) **I am an important part of teams that succeed.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

33) **Resolution and improvement are more important than personal blame.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

34) **I get satisfaction from relationships.**

Strongly
Disagree

Disagree

Neutral

Agree

Strongly
Agree

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