



Your EQ Action Plan

1. What is the most important thing you learned in this course?

2. What are the two EQ buttons you will focus on next week at work? Choose just two people, places, situations, or things that you need to be more self-aware of — and self-manage more.



3. Who at work can hold you accountable? Who can be your EQ buddy? List the behaviors you would like this person to observe in you.