**EI Definitions**

**EI**

**Self-Awareness**

ability of an individual to be in \_\_\_\_\_\_\_\_\_\_ with his/her own \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and to recognize the impact that those feelings have on others

**Self-Management**

ability to keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ emotions and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ behavior under control, stay \_\_\_\_\_\_\_\_\_\_, and unflappable even under stressful situations, and maintain a clear and focused mind directed on accomplishing a task

**Social Awareness**

ability to read or \_\_\_\_\_\_\_\_\_\_ other people’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and how they impact the situation of interest or concern

**Relationship Management**

ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, and handle other people’s emotions

**EI Strategies**

**Self-Awareness**

1. Lean into your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Feel your emotions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Know who and what pushes your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Stop and ask yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Get to know yourself under \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Self-Management**

1. Make your goals \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Count to \_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on it
4. Talk to a skilled \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Smile and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ more

**Social Awareness**

1. Greet people by \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Watch \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Live in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Practice the art of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Catch the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the room.

**Relationship Management**

1. Avoid giving mixed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Remember the little things that \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_
3. Only get mad \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Offer a “\_\_\_\_\_\_\_ \_\_\_\_\_” statement during a broken conversation
5. Tackle a tough \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_