

Client Name _____
Phone Number _____

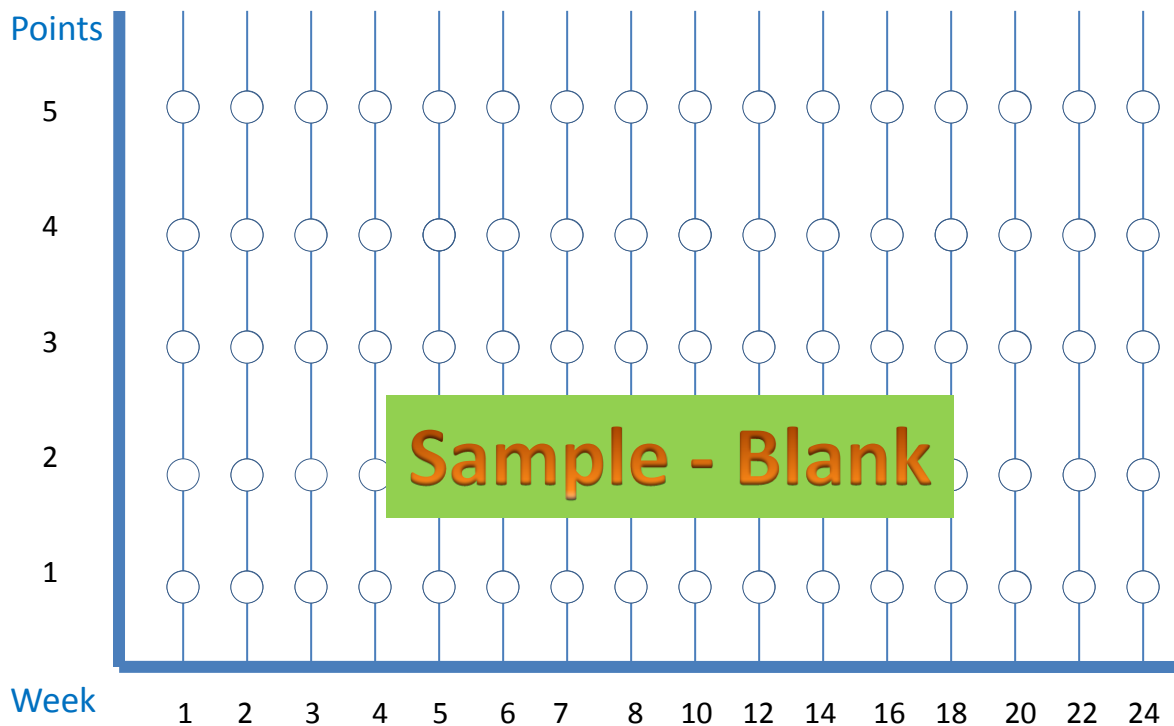
Start Date _____
End Date _____

Accountable to _____
Phone Number _____

EMPATHY: Is recognizing, understanding, and appreciating how other people feel. Empathy involves being able to articulate your understanding of another's perspective and behaving in a way that respects others feelings.

A point is earned for using each of the following strategies:

Emotional Intelligence Growth Graph



1pt- Strategy 1

This is a sample of an incomplete EI Growth Graph and contains only one strategy. Each graph includes a total of five (5) strategies.

1pt - *strategies.*

1pt - Solicited feedback or ideas from others without objecting

1pt – Strategy 5

The Point of Leadership™

Emotional Intelligence

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Use this growth graph to strengthen an emotional intelligence skill with the assistance of an accountability partner. First, write on the back of this page a list of up to 3 potential positive impacts of increasing your usage of this skill. This graph is for a 6 month period with scoring every week for the first 2 months and then bi-weekly. Repetition and accountability are vital to improving your skill. The graph will aid in your focus, commitment, and development. Upon completion of the graph one should see a growth in the use of the EI skill.