

Client Name Jenny Doe  
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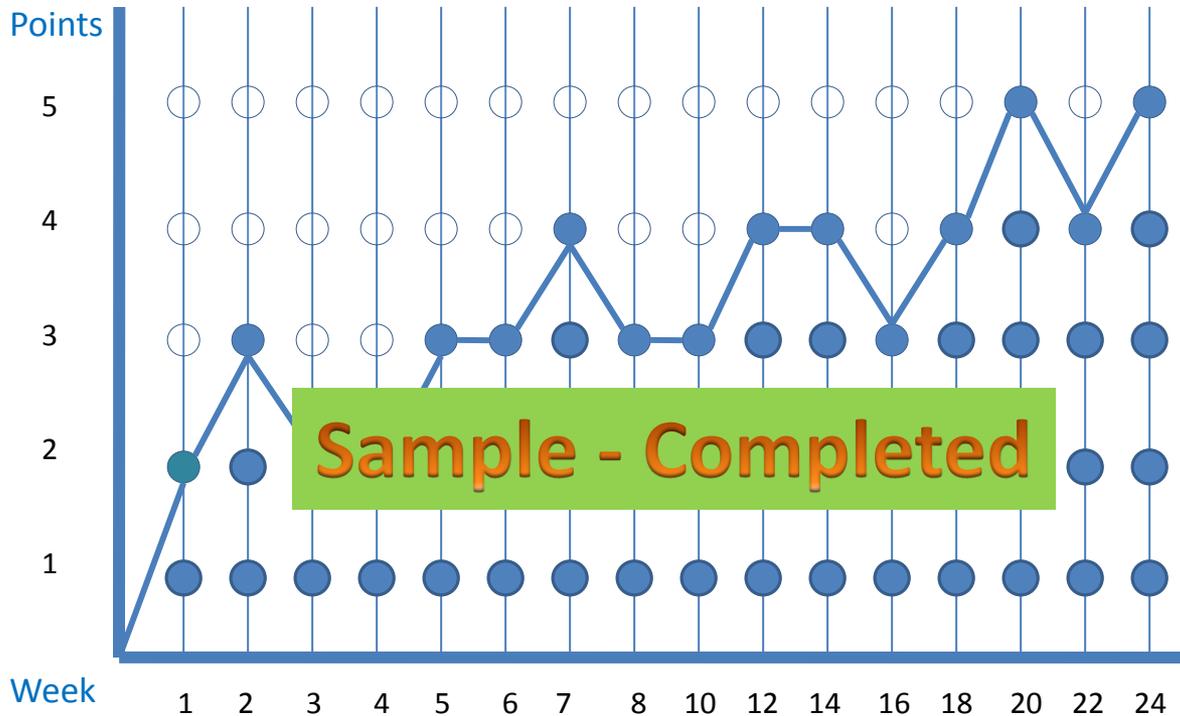
Start Date Jan 2, 2013  
End Date July 2, 2013

Accountable to Laurie Hillis  
Phone Number 403-236-8009

**IMPULSE CONTROL:** Is the ability to resist or delay an impulse, drive or temptation to act and involves avoiding rash behaviors and decision making.

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

## Emotional Intelligence Growth Graph



**1pt** - Get curious before you get furious  
(Allow interruptions, gather information)

**1pt**- Strategy 2

*This is a sample of a completed EI Growth Graph and contains only one strategy. Each graph includes a total of five (5) strategies. The strategies for each EI growth graph may be customized to your client's industry/needs. There are a total of 15 EI Growth Graphs available to purchase at \$25.00 each.*

**1pt**-

**1pt**- Strategy 5

**YOUR LOGO HERE!**  
Please provide logo in jpeg.

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.