

One Page Emotional Intelligence Improvement Plan

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| <p>1. Why Should You Change? <i>People change when they have a compelling vision of the future. What is your compelling vision for yourself as a PM or a leader? Where would you like to see yourself in the future? Write two or three sentences about that positive future state.</i></p> | | | |
| <p>2. Assess Your Emotional Intelligence. <i>How accurately do you see yourself? Do you believe that you see yourself as others see you? Do you regularly seek feedback from others? Answers these questions about your emotional intelligence strengths and weaknesses and what you could change to make a major impact to your effectiveness.</i></p> | | | |
| My EQ Strengths Include: | | I Leverage My EQ Strengths By: | |
| My EQ Weaknesses Include: | | I Mitigate My EQ Weaknesses By: | |
| <p>What are the top 2 things I want to change about myself to make an impact on my effectiveness?</p> <p>1.</p> <p>2.</p> | | | |
| <p>3. Assess Your Emotional Resilience. <i>What are the factors that affect your resilience level? What pushes you toward DEFCON1 and makes you ready to go nuclear on someone? What are the things you can do to improve your resilience so that you respond with grace?</i></p> | | | |
| My resilience is weakened by these things: | | My resilience is strengthened by these things: | |
| <p>4. Develop A Plan for Change. <i>Develop a mini-plan to achieve your objectives. Identify the most important areas that you want to change, the target (positive, measurable, and achievable), some rewards that motivate you and fun consequences.</i></p> | | | |
| Areas to Change | Targets | Rewards | Consequences |
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| <p>5. Who is on Your Support Team? <i>Your growth depends on honest feedback from others as well as having people to support you to make the changes. Who are you going to include in your support team?</i></p> | | | |
| <p>6. Practice! <i>Remember that though EQ can be improved over time, it will often feel unnatural or uncomfortable. Identify the likely breakdowns or resistance that you anticipate from making these changes and a contingency plan.</i></p> | | | |
| Breakdowns or Resistance | | Contingency Plan | |
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| <p>7. Pause and Reflect. <i>Use this section to identify the time each day, week, and month to reflect on your progress.</i></p> | | | |
| Daily Time | Weekly Day and Time | Monthly Day and Time | |
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