

## Improving Emotional Intelligence with SMART Goals

*To be used with the book Emotional Intelligence 2.0 by Bradberry & Greaves*

Name \_\_\_\_\_

Date \_\_\_\_\_

**Instructions:** Upon purchasing a hard copy of Emotional Intelligence 2.0 take the Emotional Intelligence Appraisal using the passcode provided at the back of the book. Then answer the following questions:

1. I plan to improve \_\_\_\_\_ to increase my overall EQ in the next six months. *This generally is the lowest of the four emotional intelligence skills.*

2. The three (3) strategies recommended in my EQ report to improve my EQ are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

In order to be fully committed to improve my EQ, I will use the following additional two (2) strategies from Emotional Intelligence 2.0. *Go to the chapter of the book that discusses strategies for the skill you have chosen and choose two additional strategies.*

4. \_\_\_\_\_

5. \_\_\_\_\_

## Improving Emotional Intelligence with SMART Goals

SMART Goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely

My SMART Goals for each of the five (5) strategies are:

- 1.
- 2.
- 3.
- 4.
- 5.

An EQ Mentor can provide you with accountability to accomplish your goals and provide you with knowledge and experience in the EQ Skill you are working to improve.

Identify potential EQ Mentors by creating a list of potential EQ Mentors who have strengths in the EQ Skill you are strengthening. Then rate each individual on the following characteristics:

- A good listener
- You trust the person
- Easily accessible
- Has time to be a mentor
- Experience getting good advice from them in the past
- Cares about your future success
- Good at teaching and explaining how they do it
- Are generous in sharing their expertise
- Good at providing constructive feedback
- Will hold you accountable

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Once you have completed rating the candidates, meet with the EQ Mentor you have chosen, share your SMART goals and your expectations from them. How often do you want to meet? What support are you looking for? Will they hold you accountable? What feedback are you looking for? etc.

After 6-12 months of working on your goals, return to the online Emotional Intelligence Assessment and retake the assessment to measure your progress. Your passcode provides you with two assessments.