

IMPROVING EQ WITH SMART GOALS

To be used in conjunction with Emotional Intelligence 2.0 by Bradberry & Greaves

Name: _____ Date: _____

1. I plan to improve _____, my lowest EQ score, to increase my overall EQ in the next six months.
2. The three (3) strategies recommended, on page 4 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 I identified from the section of book Emotional Intelligence 2.0 that discusses my lowest EQ skill.

4. _____
5. _____

My EQ Mentor* is: _____

*Your EQ mentor is someone who demonstrates skill in the EQ skill you are trying to improve. He/she is a person who has the time available to share how you can improve in the specific EQ skill and provide you feedback on your progress.

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

Specific - What do you want to accomplish? Why is it important? Who is involved?

Measurable - How will I know it has been accomplished? How much? How many?

Attainable - How is this goal going to be accomplished based on current constraints and resources?

Realistic - Is this the right time? Am I the right person for this goal? Does it seem worthwhile? Am I committed to this?

Timely - When will it be completed?

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

1. _____
2. _____
3. _____
4. _____
5. _____

With your coach/manager, discuss how you can improve your goals to make them smarter. Be prepared to discuss how you plan on measuring your progress.



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