



EMOTIONAL INTELLIGENCE (EQ) ASSESSMENT

Score yourself in 5 categories and see your final results at the end.

Section 1: Self-Awareness

Score 1-5

Score: 1. = Never 2. = Rarely 3. = Sometimes 4. = Often 5. = Always

1. How often do you pause to reflect on your own emotions and reactions in different situations?
2. Are you able to identify and label your emotions accurately as they arise?
3. Do you understand your strengths and weaknesses in various aspects of your life?
4. How aware are you of your triggers and how they influence your emotional state?
5. Are you conscious of your values and how they guide your decisions and behaviors?
6. Do you recognize when your emotions are affecting your judgment or decision-making?
7. Are you mindful of your thoughts, feelings, and physical sensations throughout the day?
8. How well do you understand your personal goals and aspirations?
9. Are you aware of any recurring patterns or themes in your emotional experiences?
10. Do you take responsibility for your actions and their impact on yourself and others?

Self-Awareness Score _____/50

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Section 2: Self-Regulation

Score 1-5

Score: 1. = Never 2. = Rarely 3. = Sometimes 4. = Often 5. = Always

1. How effectively do you manage stress and maintain your composure in challenging situations?
2. Are you able to control impulsive behaviors and think before acting?
3. How well do you adapt to changes and transitions in your life?
4. Are you able to set and maintain boundaries in your relationships?
5. Do you practice self-discipline and delay gratification when necessary?
6. How resilient are you in the face of setbacks or failures?
7. Are you able to regulate your emotions and remain calm under pressure?
8. Do you have healthy coping mechanisms for dealing with difficult emotions?
9. How well do you manage your time and prioritize tasks?
10. Are you able to stay focused and avoid distractions when working towards your goals?

Self-Regulation Score _____/50



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Section 3: Self-Motivation

Score 1-5

Score: 1. = Never 2. = Rarely 3. = Sometimes 4. = Often 5. = Always

1. How often do you set challenging goals for yourself?
2. Rate your level of persistence in pursuing long-term objectives.
3. How well do you bounce back from setbacks or failures?
4. How motivated are you to take initiative and seize opportunities?
5. How often do you maintain a positive attitude in challenging situations?
6. Rate your ability to stay focused and disciplined towards your goals.
7. How proactive are you in seeking out new opportunities for growth and development?
8. How motivated are you to continuously improve and learn new skills?
9. Rate your level of resilience in overcoming obstacles and adversity.
10. How driven are you to achieve success in your personal and professional endeavors?

Self-Motivation Score _____/50



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Section 4: Empathy

Score 1-5

Score: 1. = Never 2. = Rarely 3. = Sometimes 4. = Often 5. = Always

1. How often do you actively listen to others and try to understand their perspectives?
2. Are you able to recognize and validate the emotions of others?
3. Do you consider the feelings and needs of others in your interactions?
4. How well do you pick up on nonverbal cues and body language?
5. Are you able to show compassion and kindness towards others, even when you disagree with them?
6. Do you make an effort to understand the cultural backgrounds and experiences of people from different groups?
7. How skilled are you at putting yourself in someone else's shoes and seeing things from their perspective?
8. Are you able to communicate empathy effectively through your words and actions?
9. How often do you offer support and encouragement to those who are going through difficult times?
10. Do you actively seek feedback from others to understand how your behavior impacts them?

Empathy Score _____/50



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Section 5: Social Skills

Score 1-5

Score: 1. = Never 2. = Rarely 3. = Sometimes 4. = Often 5. = Always

1. How effectively do you communicate your thoughts, feelings, and needs to others?
2. Are you able to build rapport and establish trust in your relationships?
3. How well do you adapt your communication style to suit the preferences of different individuals?
4. Are you skilled at resolving conflicts and finding mutually beneficial solutions?
5. Do you collaborate well with others and work effectively in team settings?
6. How assertive are you in expressing your opinions and asserting your boundaries?
7. Are you able to navigate social situations with ease and confidence?
8. Do you demonstrate respect and consideration for others in your interactions?
9. How skilled are you at negotiating and persuading others to see your point of view?
10. Are you able to inspire and motivate others towards common goals and objectives?

Social Skills Score _____/50

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Add Your Totals and See Your Final Score Here:

Self-Awareness Score _____/50

Self-Regulation Score _____/50

Self-Regulation Score _____/50

Empathy Score _____/50

Social Skills Score _____/50

TOTAL SCORE _____/250

See Next Page to Understand Results



EMOTIONAL INTELLIGENCE (EQ) ASSESSMENT

50-100: Low EQ - Scores in this range indicate a low level of emotional intelligence. Individuals may struggle significantly with recognizing and managing their emotions, leading to challenges in personal and professional relationships.

101-150: Moderate EQ - Scores in this range suggest a moderate level of emotional intelligence. Individuals demonstrate some awareness of their emotions but may encounter difficulties in effectively regulating them and understanding the emotions of others.

151-200: High EQ - Scores in this range reflect a high level of emotional intelligence. Individuals exhibit strong skills in recognizing, understanding, and managing their emotions, as well as empathizing with others. They are likely to have healthy and fulfilling relationships.

201-250: Exceptional EQ - Scores in this range represent exceptional emotional intelligence. Individuals excel in all aspects of emotional intelligence, demonstrating a deep understanding of their emotions and those of others. They are highly skilled in regulating emotions, communicating effectively, and building strong interpersonal connections.