

EMOTIONAL INTELLIGENCE

Self-Awareness Checklist

Use this checklist to develop greater self-awareness so that you can **RESPOND** vs. **REACT** in the situations that matter most!

REFLECT

- Describe the situation/trigger _____
- Describe your *reaction* _____

ANALYZE

- Identify your feeling _____
- Identify your thought/story that led to the feeling _____

PLAN

- Describe the *response* you want to have _____
- Identify the feeling you want to have _____
- Identify your thoughts/new story that will lead to that feeling _____



Trigger



Thought



Feeling



Reaction



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