

## Tool of the Month Worksheet

---

January 2023

- Identify one area you would like to focus on to help develop your emotional intelligence, i.e., empathy, adaptability, patience, humility:

---

---

---

- Record 2-3 strategies you will use to develop your chosen area of focus:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- Identify a coach, mentor, colleague or leader/manager who is willing to serve as your accountability partner:

- \_\_\_\_\_

- What daily/weekly action can you take to implement your emotional intelligence strategy:

---

---

---

---

---

- Determine how you will measure your progress:

- Q1 \_\_\_\_\_
- Q2 \_\_\_\_\_
- Q3 \_\_\_\_\_
- Q4 \_\_\_\_\_

- Identify the tools/resources/margin/books you may need to develop your emotional intelligence:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_