

## Your EI (Emotional Intelligence) Assessment

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There are so many terms being used to describe a certain person whose way of being is evolved beyond the common-place grievances, gossip, self-sabotage or any other suppressive action, behavior or thought, to one of pure alignment with personal and emotional strength and performance. In our every-day language we refer to this type of person as being 'grounded', 'together', 'evolved', as having 'emotional strength', high 'emotional intelligence', or, in some casual conversations, as having their '*shit together*'. All these labels have in common that they seek to describe the person's essence more than to categorize his/her external accomplishments or successes.

Either way... if you read any of these descriptors, I'm sure it conjures up an image of a certain person having certain strengths of character and mind and of a certain presence. The way we interpret these labels will vary based on our own filters (beliefs, experiences, and understandings). We could argue nuances that differentiate one from another, yet they similarly represent the type of person we are seeking to describe and therefore seeking to evaluate ourselves against in this assessment tool. For the sake of simplification, we will refer to this person as being GROUNDED.

**The Merriam-Webster dictionary** describes being **grounded** as being:

- ☞ Persons who are sensible and have a good understanding of what is really important in life.
- ☞ Mentally and emotionally stable: admirably sensible, realistic, and unpretentious (remains grounded despite all the praise and attention).

**Wikipedia** describes Emotional intelligence (EI) as:

- ☞ The ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately, and to use emotional information to guide thinking and behavior

*For the average person...* having emotional strength and being grounded are absolutely indispensable if you want to take charge and thrive! Emotions can deepen your life yet at the same time they could bring about trials and sufferings that can be mentally challenging. Becoming a master of your emotions will give you the power to motivate and the drive that will move you towards excellence!

*For the professional person...* studies have shown that people with high EI have greater mental health, exemplary job performance, and more potent leadership skills. Markers of EI and methods of developing it have become more widely coveted in the past few decades. In addition, studies have begun to provide evidence to help characterize the neural mechanisms of emotional intelligence.

*For the parent ...* being grounded and modeling *emotional strength* to your children will enrich their lives immensely and prepare them to successfully navigate both life and relationship challenges.

While a high IQ and a strong career have been used as measures of success, below are the measures for even greater triumph where life's ups and downs as well relationship challenges are

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navigated productively; these being the outcomes of grounded, emotionally strong individuals who has mastered their emotions.

In order to understand true personal strength (having our \_\_\_\_ together) we must understand the traits of grounded individuals but also the traits they DO NOT have.

Below is a list of traits found in emotionally strong, grounded persons, check which apply to you. You get 1 point for each one you check.

<b>Are you Grounded? Do you have high Emotional Intelligence?</b> <b>Check below and see</b> <b><i>Check those that apply to you.</i></b>	
<b>1.</b>	<b>High self-regard</b> (you're able to accept yourself as being basically good. You treat yourself with respect)
<b>2.</b>	<b>Independent and self-directed</b> (you're in control of your thoughts and actions)
<b>3.</b>	<b>Don't beg for attention</b> (you don't need constant attention or validation from others. You're content in yourself)
<b>4.</b>	<b>Internal frame of reference</b> (you make up your own mind about your performance or worth; you don't have to look externally to determine how you should feel about yourself)
<b>5.</b>	<b>Not easily brought down by others</b> (you're resilient and don't easily get plugged-in by others)
<b>6.</b>	<b>Follow their passion</b> ( you do what YOU love rather than what someone else thinks you should do with your life. You don't settle for being unfulfilled)
<b>7.</b>	<b>Forgive</b> (you don't hold grudges. You know that negative energy is unnecessary; you don't play the victim)
<b>8.</b>	<b>Avoid Drama</b> (you have healthy boundaries and only attract other emotionally strong people. You avoid toxic people)
<b>9.</b>	<b>Have unwavering confidence</b> (you're proud, without being boastful. You rarely fall victim to self-doubt)
<b>10.</b>	<b>Authentic</b> (you know who you are and are never afraid to be yourself. You are not a chameleon and don't need to change simply to impress others or to fit in)
<b>11.</b>	<b>Friendly</b> (you meet others with a smile and genuine interest. You don't expend energy on negativity, intimidation or being rude)
<b>12.</b>	<b>Can say Yes and No</b> (you know how to politely decline and how to graciously accept and do so without self-compromise. You have the confidence you need to avoid being taken advantage of)
<b>13.</b>	<b>Free to love</b> (you're not afraid to be vulnerable and take emotional risks. You let people into your life and have the confidence to find true love and real friendships)
<b>14.</b>	<b>Positive attitude</b> (you're able to keep a positive outlook and are able to remain positive even when challenged; it results in your more focused thinking)
<b>15.</b>	<b>Appreciate solitude</b> (you don't need to stay busy all the time to avoid being alone with your thoughts. You enjoy your down-time and rather appreciate and enjoy stillness and solitude. You like your own company)

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16. **Do what needs to be done** (you recognize that not everything we do is fun or desirable; you get yourself to do the things that need to be done even if you dread them)
17. **Share and give back** (you appreciate life and all blessing and seek to share them with others so they may experience the same joy and gratitude)
18. **Understand that happiness is a choice** (you make a conscious decision to live a happy life. You understand emotions are merely reactions to experiences and NOT reality. You understand the role of emotions in life and work to maintain a positive attitude that's beneficial to happiness. You're able to bounce back quickly in the event that life challenges pull you off track)
19. **Appropriately assertive** (you can express your feelings, beliefs, and thoughts without becoming antagonistic or obstinate towards others)
20. **Empathetic** (because you understand other's feelings, you're able to respond appropriately to their emotions (significant others, co-workers, friends and family members'). You know how to 'be-there' for others)
21. **Great relationship builder** (you easily develop and sustain mutually valuable relationships that are filled with intimacy and reciprocal giving & receiving of affection, whether it be as a lover, friend, family member, or loyal employee)
22. **Stress tolerant** (you're capable of handling difficult situations without 'falling apart')
23. **In control of impulses** (you're able to resist or delay impulses, drive, or temptations to act. You can control the need for "instant gratification")
24. **Aware of reality** (you're able to tell the difference between what you're experiencing and what's really going on. You know what you want to do vs. what you actually can do)
25. **Flexible** (you to adjust your emotions, thoughts, and behaviors to changing situations and conditions)
26. **Content** (you're able to find the positive in most things and are able to 'strive' in life while remaining content in the now)
27. **Optimistic** (you're generally optimistic about life even in challenging times)
28. **Have great balance** (you're able to balance taking action and getting things done with recharging and being still)
29. **Have integrity** (your word counts. You speak your truths. You honor your commitments to yourself and others, no matter what)
30. **Trust** (you know that no matter what life brings you, you have the resources needed to see you through it)

Add up all the checkmarks

**Total Score:** \_\_\_\_\_

*"I don't want to be at the mercy of my emotions. I want to use them, to enjoy them, and to dominate them "*  
~ Oscar Wilde

*"Mastering others is strength. Mastering yourself is true power"*  
~ Lao Tzu

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<b>SCORING KEY</b>	
<b>22-30</b> Awesome	<p><b>WOW!</b> You must have worked hard to have achieved this level of emotional strength. You should be proud of yourself! You are an inspiration to others!</p>
<b>15-21</b> Average	<p><b>What would happen if you made <u>your life</u> a priority?</b> Your life is merely a reflection of the things you've done so far. You can always change the direction by doing things differently. What do you need to focus on? What are you teaching from this type of life?</p>
<b>8-14</b> Weak	<p><b>You CAN do better!</b> What's getting in the way for you? What needs to be healed or removed? You must get serious as you only have ONE lifetime; are you making the most of it? If you have children, what are they learning by watching you? Are you happy with that? <a href="#">CLICK HERE</a> and let's have a chat about what's possible for you, about what you truly want to experience and model.</p>
<b>0-7</b> Ouch!	<p><b>This makes me really sad because... I believe you deserve a better life!</b> What do you attribute this low score to? How does it feel to score this low? If you got the news, that horrible news that this was IT, what would you regret most? Would NOW be the time to work with a coach or mentor who can help you raise your score and change the quality of your life? There is still time!</p> <p><a href="#">CLICK HERE</a> so that we can have a strategy session together and see what's possible for you.</p>

Well, how did you do?    How grounded are you?  
 What level of emotional strength are you demonstrating and thereby teaching?  
 How is your career or business affected by what you discovered here?

We only have this ONE lifetime, shouldn't it be the best it can be?  
 If you're a parent, shouldn't your children have the best start possible by learning from your 'best' self?

If you're not happy with the results of this assessment, then I invite you to  
 Sign-up for a FREE '**From Surviving to Thriving**' strategy session with me  
 by clicking [HERE](#) (or by going to my website [www.elenazanfei.com](http://www.elenazanfei.com)).

1. It's 100% complimentary with NO further obligation
2. You will gain clarity about what's getting in your way
3. You will discover what's possible for your life and for those you impact

*I look forward to hearing from you!*

Elena Zanfei – **Your life. Your Business. Well Lived.**