

For: Sample Report  
Date: March 17, 2021

## Life Success

The questionnaire asked about your current results. Here's how you're seeing your success now. To the right, set a goal of what you want to sustain or change.

### Now

Your scores suggest you're achieving success in some areas of life & you see room for improvement in others. One of your strong areas is Effectiveness. While you have strength in Wellbeing, this may be an area to improve. You reported that your performance outcomes are currently well balanced (e.g. both personal & professional).

### Future

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## Leveraging your EQ

To put your EQ into action, use this 3-step process; it's a cycle to repeat. Here they are shown in order of your strengths.



### Choose Yourself

Your self management is your strongest asset. You prefer to start from the "how", and choose the best approach to a situation.



### Know Yourself

Your self awareness is another asset for you. This scan help you reflect on your emotions and behaviours to see yourself clearly.



### Give Yourself

Your self direction doesn't necessarily drive your actions. It might be hard for you to think about long term goals & the impact on others.

## Action steps

How can you use your EQ to help you reach your goals (written above)? Here's a recommendation from the EQ AI



What reactions help you move toward your goals? What reactions are blocking you? What if you noticed these clues when the reactions are just getting started?



It takes energy to Choose Yourself, to move toward your goals. You've got that energy inside, how can you tap into it? What energises you about your goals?



Who is involved in the goals you've set? What do they need, emotionally, to step forward as your allies & supporters?