

Life Goals

Our lives are complex because they include many interactions and opportunities to grow. You reported that you feel very strong in the area of self-efficacy. Self-efficacy means feeling in charge of yourself, believing that you can do whatever you set out to do. Keep it up!

The beauty of social emotional learning is that students and adults build their EQ skills together. Based on your answers, you would like to focus more on personal achievement this year. Personal achievement means doing well in school and other activities, such as hobbies or sports. You can do it, and EQ will help!

My Goals

Using your EQ

The EQ action model has three steps, each represented by a different color. The column on the right lists your EQ skills in order of your strengths.



Know Yourself

Your strongest area is self-awareness. This means you pay attention to feelings and behaviors and do your best to describe them.



Choose Yourself

Your ability to pause and weigh options is another one of your EQ skills. This can help you when making decisions.



Give Yourself

Sometimes you focus on your immediate needs, rather than on the big picture. It may be helpful to consider how you treat others and yourself to positively impact your community.

Reflection Questions

How can you use your EQ skills to reach the goals written above? Use these personalized questions as a guide.



A strength of yours is describing how you feel.

1. What feelings could block or support your goals?
2. How do you experience those feelings in your body?



You have the skill to see multiple options.

1. What obstacles may impede your goals?
2. How will your creativity help you to overcome and persevere?



Link your strong sense of purpose to the goals.

1. Why do these goals matter in the long term?
2. What's a simple, daily step you can take toward each of your goals?