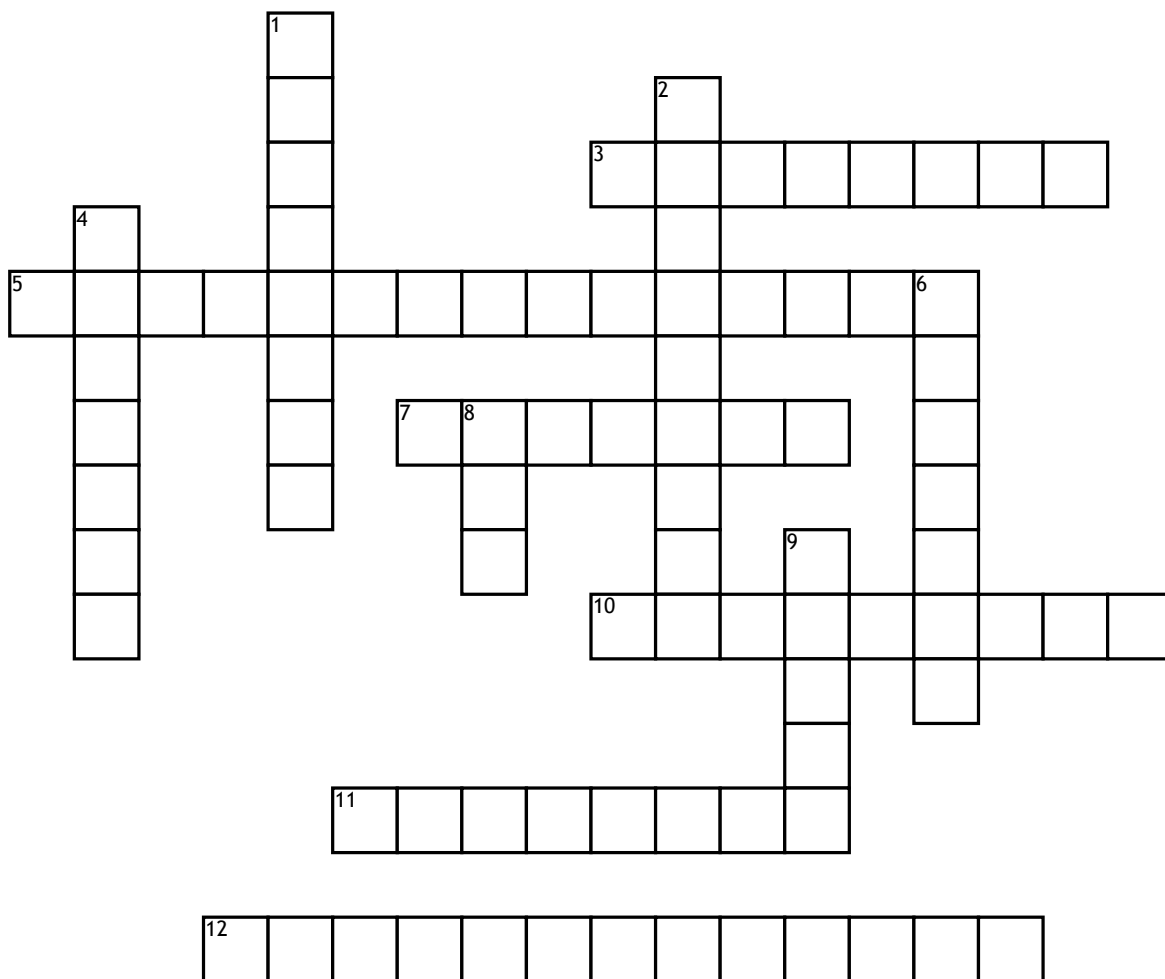


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Emotional Intelligence



## Across

3. The first thing to do with an emotion

5. a characteristic of personal competency

7. A social competency

10. Know why you are feeling the way you do. \_\_\_\_\_ the situation

11. Your way of being impacts your happiness and

12. social skills in EI deal with how we handle \_\_\_\_\_ with others

## Down

1. this is the opposite of a positive emotions

2. What do you do to find EI on Monday mornings?

4. We gain the tools to become better \_\_\_\_\_ mentors

6. Don't blame your life, kids, the dog, the cat, your tired or the \_\_\_\_\_

8. Another word for the anger emotion

9. self motivation includes our commitment to our \_\_\_\_\_