




# Personalize your “BRAND” - an EQ Project

**Directions:** Part of our Emotional Health Unit is an end of the unit EQ (Emotional Intelligence Quotient or Emotional Quotient) Self-Assessment. To help you get started with this, you will create a “brand” to prove to me your understanding of Emotional Intelligences - as it relates to your “Brand.” Your Brand is who you are as a person (currently). To assess your EQ, you will create a personalized Cup to display your Emotional Intelligence.



## Cliff notes version

- Objective #1: Create your Brand Logo – How will you be remembered?
  - This should include a personalized “brand logo” for your cup. Think Starbucks! You probably always think of this picture . Your mission is to come up with a creative logo of your own! This logo should include something that represents who you are as a person. You must also include personalized “motto.” This can be placed at the top or bottom of you logo. Your motto can be a favorite saying, quote or text that helps describe who you are as it relates to your logo and EQ.



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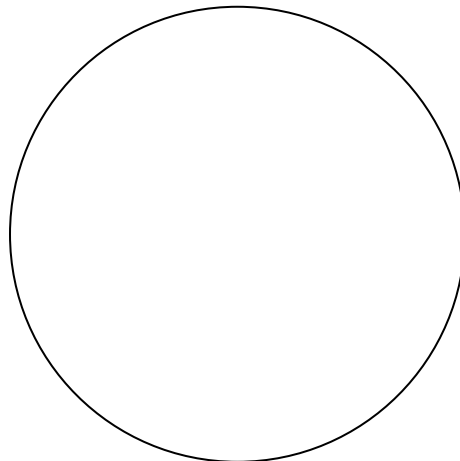
- **Objective #2 – Think of a 1-2-word statement to capture what each EQ means, label that on your cup. Below that label then create a collage or words/quotes/pictures to capture the essence of that EQ. Either on your cup or the explanation sheet, you will have to demonstrate your application of this EQ in your personal life**

## What am I looking for?????

- EQ #1: Motivation – 1 to 2 words to describe motivation \_\_\_\_\_ then include which motivation style are you (6 P’s), what was a time you demonstrated that? Make a SMART Goal for this year.
- EQ #2: Resiliency - 1 to 2 words to describe resiliency \_\_\_\_\_ then include when was a time you had to demonstrate resiliency. Be detailed! What does resiliency look like in your life! “Be Positive”
- EQ #3: Mood Management/Stress Management - 1 to 2 words to describe mood and stress management \_\_\_\_\_ - when was a time you didn’t use mood management, when was a time you did use it? How did each make you feel? What do you do for stress management? What if you didn’t have the materials you need (ex: headphones) how could you refocus yourself?
- EQ # 4: Empathy -1 to 2 words to describe empathy \_\_\_\_\_ when did have you demonstrated resiliency? When did you show a lack of empathy (think about what the speaker in the TED talk said about empathy)? Who is the most empathetic person you know? How do they make you feel? What is something you can take away from them?
- EQ #5: Social Skills - 1 to 2 words to describe social skills \_\_\_\_\_ what type of communication style are you? Talk about a time you have been a communication style other than assertive. how can you always try to be an assertive communicator? Describe a time you used “I” statements or used a “You” statement, how did that make you feel? What “Engaging Tips’ do you break? How can you work on those?
- EQ #6: Growth Mindset - 1 to 2 words to describe Growth Mindset \_\_\_\_\_ Which mindset are you from the quiz? describe a time you demonstrated a fixed and a growth mindset? What can you do to always work towards a growth mindset?
- EQ #7: Self Awareness - 1 to 2 words to describe self-awareness \_\_\_\_\_ What are your strengths and limitations? What would other people have to know about you to work with you? What is your biggest challenge? What makes you feel confident and good about yourself? What things do you excel at?

Use this space below to start writing down what you want your “brand” to be **(this is just a starting point)**:

Motto/quote/words to live by: \_\_\_\_\_





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## Explanations

Sometimes we need more space to explain things or get our point across that can't fit on a “cup”. Use the space below to expand on each of these EQ's. This is not a space for definitions. How do these EQ's apply to you? How do you use them? Why did you choose what you chose to put on your cup for each EQ?

EQ #1: Motivation - 1 to 2 words \_\_\_\_\_

EQ #2: Resiliency - - 1 to 2 words \_\_\_\_\_

EQ #3: Mood Management/Stress Management - - 1 to 2 words \_\_\_\_\_

EQ #4: Empathy - - 1 to 2 words \_\_\_\_\_

EQ #5: Social Skills - - 1 to 2 words \_\_\_\_\_



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EQ #6: Growth Mindset - - 1 to 2 words \_\_\_\_\_

EQ #7: Self-Awareness - - 1 to 2 words \_\_\_\_\_

My logo/motto/brand – Describe you in 1-2 words \_\_\_\_\_