

Course: Emotional Intelligence & Self-Awareness

Welcome!

This worksheet is designed to help you reflect on your current wellbeing, clarify what matters most to you, and start building habits that support a balanced and fulfilling life. Take your time with each section. There are no right or wrong answers—just insights to help you understand yourself better.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching or any other medical or mental health professional care.

Worksheet 1: What Is Emotional Intelligence? (Video 1)

Emotions Chart

Expand your emotional vocabulary and identify your feelings.

Positive / Pleasant	Negative / Unpleasant	Surprise / Mixed	Fear / Worry	Anger / Irritation	Sadness / Loss
<ul style="list-style-type: none">Joyful	<ul style="list-style-type: none">Sad	<ul style="list-style-type: none">Curious	<ul style="list-style-type: none">Nervous	<ul style="list-style-type: none">Annoyed	<ul style="list-style-type: none">Hurt
<ul style="list-style-type: none">Excited	<ul style="list-style-type: none">Angry	<ul style="list-style-type: none">Confused	<ul style="list-style-type: none">Insecure	<ul style="list-style-type: none">Resentful	<ul style="list-style-type: none">Disappointed
<ul style="list-style-type: none">Content	<ul style="list-style-type: none">Frustrated	<ul style="list-style-type: none">Shocked	<ul style="list-style-type: none">Uneasy	<ul style="list-style-type: none">Irritated	<ul style="list-style-type: none">Lonely
<ul style="list-style-type: none">Hopeful	<ul style="list-style-type: none">Anxious	<ul style="list-style-type: none">Intrigued	<ul style="list-style-type: none">Fearful	<ul style="list-style-type: none">Bitter	<ul style="list-style-type: none">Grief
<ul style="list-style-type: none">Proud	<ul style="list-style-type: none">Lonely	<ul style="list-style-type: none">Awed	<ul style="list-style-type: none">Vulnerable	<ul style="list-style-type: none">Agitated	<ul style="list-style-type: none">Regretful
<ul style="list-style-type: none">Peaceful	<ul style="list-style-type: none">Guilty	<ul style="list-style-type: none">Hesitant	<ul style="list-style-type: none">Panicked	<ul style="list-style-type: none">Frustrated	<ul style="list-style-type: none">Hopeless
<ul style="list-style-type: none">Loving	<ul style="list-style-type: none">Embarrassed				
<ul style="list-style-type: none">Grateful	<ul style="list-style-type: none">Jealous				
<ul style="list-style-type: none">Confident	<ul style="list-style-type: none">Overwhelmed				
<ul style="list-style-type: none">Amused	<ul style="list-style-type: none">Disappointed				

Purpose: Understand emotions as information and challenge common emotional myths.

Part 1: Emotions as Information

Think about 5-10 recent emotions you've experienced. What might each emotion be telling you?

Emotion	Possible Message/Insight

Part 2: Emotional Myths

Reflect on any beliefs you hold about emotions. Are they helping or limiting you?

- Belief:
- Helpful or Limiting:
- Alternative perspective:

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How to Access Further Support in New Zealand:

- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)
- Contact your local GP
- Dial 111 for immediate support