# EQi & Learn Reflection Worksheet

Learn, in the COLT Blueprint, is about staying curious, adaptable, and open to growth. Viewed through the lens of Emotional Intelligence (EQi), learning well means embracing feedback without defensiveness, showing humility, and managing the emotions that arise when faced with change or challenge.

## Section 1 – Self-Reflection Prompts

• How do I emotionally respond when I receive tough feedback?

• Do I approach learning moments with curiosity or resistance?

• When have I embraced a change that challenged my comfort zone?

• How do I role-model a growth mindset to others?

## Section 2 – Leadership Behavior Self-Check

Rate yourself from 1 (Rarely) to 5 (Consistently):

□ I seek feedback to improve, even when it’s uncomfortable.

□ I acknowledge what I don’t know without shame.

□ I encourage others to take risks and learn from mistakes.

□ I remain open-minded when confronted with a different perspective.

□ I make time for learning despite competing demands.

## Section 3 – Key Takeaways

• A recent lesson I learned the hard way was \_\_\_\_\_\_\_\_.

• I am proud of how I stayed open when \_\_\_\_\_\_\_\_.

• This week, I will challenge myself to learn by \_\_\_\_\_\_\_\_.

"Leadership and learning are indispensable to each other." — John F. Kennedy