# EQi & Solve Reflection Worksheet

Solve, in the COLT Blueprint, is about facing challenges directly and making decisions with clarity, courage, and a commitment to results. Viewed through the lens of Emotional Intelligence (EQi), solving problems effectively means managing your emotions under pressure, inviting diverse perspectives, and responding constructively to setbacks.

## Section 1 – Self-Reflection Prompts

• How do I respond emotionally when problems arise unexpectedly?

• Do I seek out diverse perspectives, or rely mostly on my own?

• When have I modeled calm and clarity in the face of challenge?

• How do I make space for others to contribute to solutions?

## Section 2 – Leadership Behavior Self-Check

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

□ I remain calm and focused when problem-solving under pressure.

□ I welcome input from others even if I have a solution in mind.

□ I balance logic and empathy when making tough calls.

□ I encourage my team to take ownership of solutions.

□ I manage my reactions when others challenge my approach.

## Section 3 – Key Takeaways

• One emotion that often influences my problem-solving is \_\_\_\_\_\_\_\_.

• A recent decision I could have handled with more EQ is \_\_\_\_\_\_\_\_.

• This week, I will invite input from \_\_\_\_\_\_\_\_ before finalizing a solution.

"The problem is not the problem. The problem is your attitude about the problem." — Jack Sparrow