

Emotional Bank Account Balance

By Stephen Covey



EMOTIONAL BANK ACCOUNT

Person: _____

List things this person considers a deposit:

List things this person considers a withdrawal:

Things you did to/for this person:

Action	Deposit (+)	Withdrawal (-)

What do you think the emotional bank balance is: _____

List things you can make an effort to do for this person that he/she will consider a deposit:

List things you can make an effort to avoid doing to this person that he/she will consider a withdrawal:
