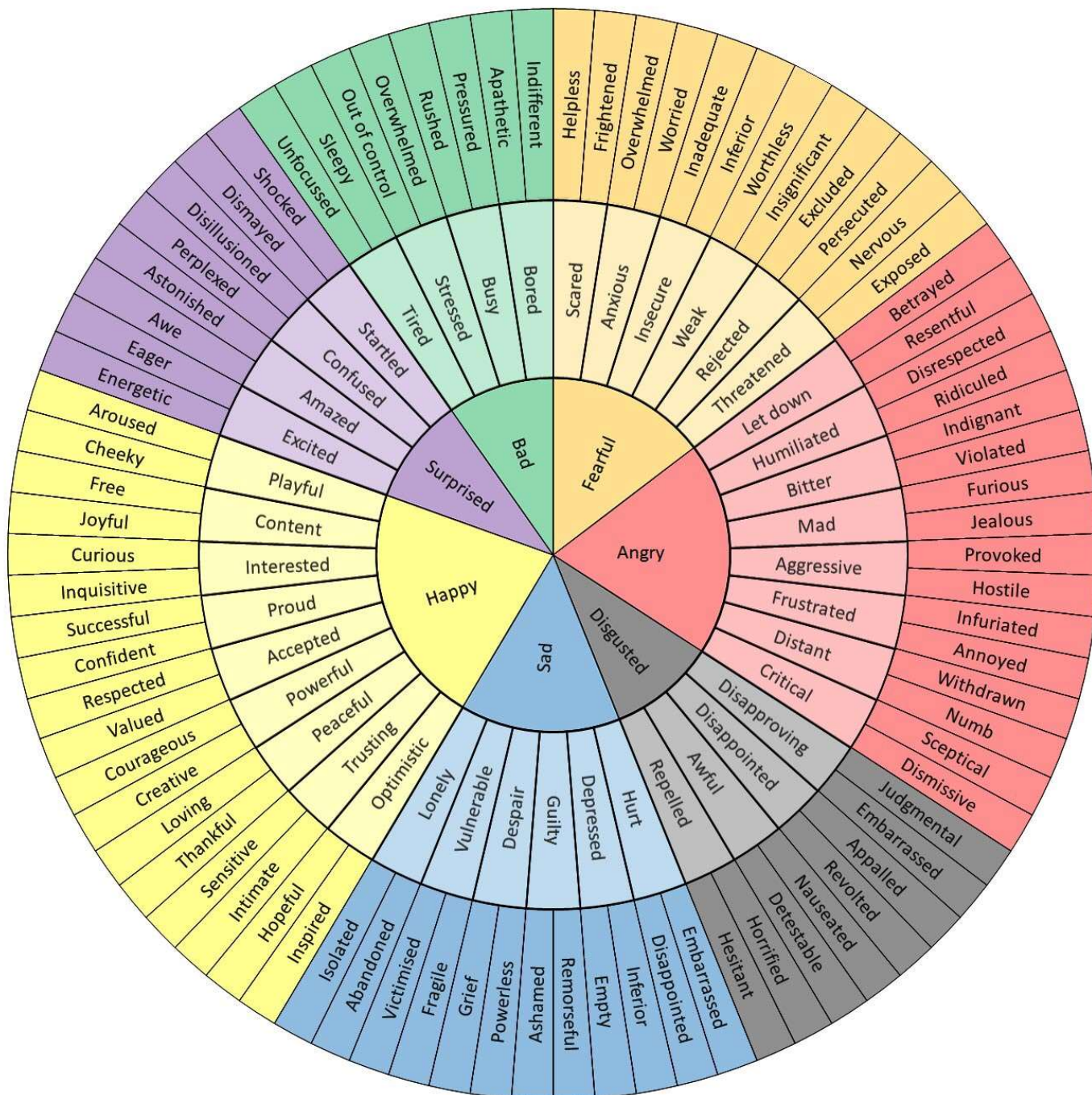


The Emotions Wheel

As leaders, being able to recognise our emotions and how they are controlling or holding us back is important. By clearly recognising and defining our emotions, we become better equipped to understand where they stem from, how they are impacting us and the choices that are open to us. Having a clearer understanding of how emotions affect us also helps us to understand others and gives us more empathy.



- Using the emotions wheel above select the emotion that you are currently feeling?
- What, if anything has happened to contribute to this emotion?
- If you are feeling stuck in this emotion, what belief/thought might be keeping you stuck?
- What can you learn from this insight?
- Having identified the source of the emotion, has that emotion shifted and if so, what are you feeling now?

