

CHART YOUR COMPASS

A Guide for Naming Emotions Accurately



Expand your vocabulary, expand your clarity.

Precision in naming brings power in leading.

Why This Tool Matters

Naming our emotions is a key element in emotional awareness, which is foundational to emotional intelligence and optimal human functioning.

We often go for the simple labels, like “angry,” “happy,” and “sad.” However, this simplification costs us greatly:

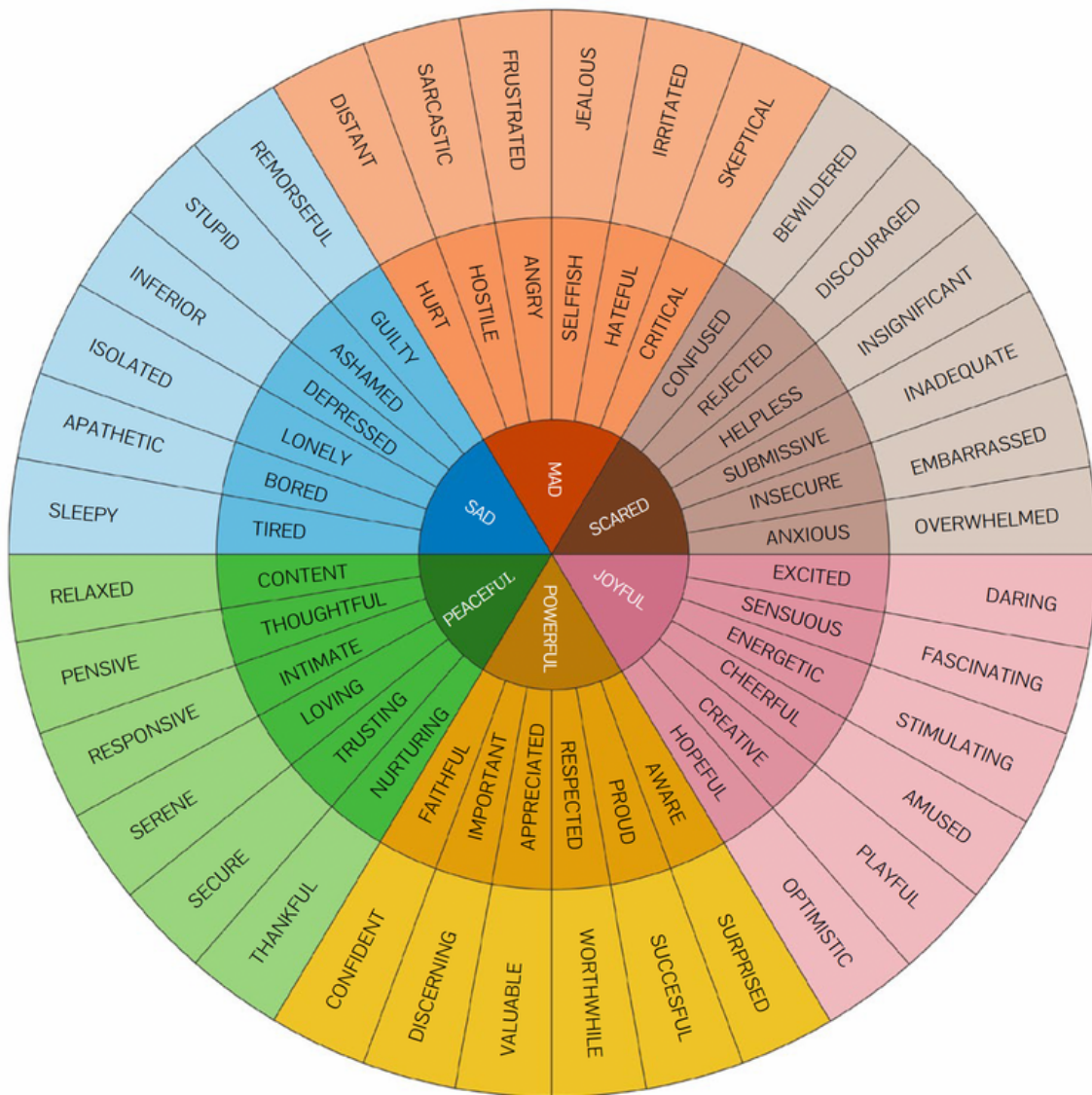
- ➖ We disconnect from our authentic experience.
- ➖ We miss crucial data about what we need and matters most to us.
- ➖ We fail to process our emotions productively.
- ➖ We miss key insight and learnings for deeper self-awareness.
- ➖ We lose opportunities for making sense of our experiences.
- ➖ We mistake emotional complexity for confusion.
- ➖ We judge ourselves for feeling "contradictory" emotions.
- ➖ We fail to respond and self-regulate appropriately.

Quick Start Instructions

(3 Steps ~ 10 Minutes)

1. Look at the Feelings Wheel on the next page.
2. There are 6 core emotions and a whole palette of feelings within each.
3. Reflect using the questions that follow.

The Feelings Wheel



Source: Positivepsychology.com

Naming Emotions Accurately

What emotions are coming up for me around this issue? How are these emotions serving me?

What thoughts or beliefs are fueling these emotions?

If your emotions are unpleasant, ask yourself: what would I rather be feeling? How might these emotions serve you?

What thoughts or beliefs would fuel more positive emotions?

What's 1 small action I can take to move closer to the positive emotions I want to experience?

Reflection & Growth

After using the guide, jot a quick note.

Which emotions on the Feelings Wheel felt most accurate for my current experience?

How did naming my emotions with precision shift my perspective on the situation?

What patterns do I notice in the emotions I tend to label most often?

Pro Tip:

The more specific you are, the more power you have. Instead of saying “I’m stressed,” try “I’m overwhelmed because I need clearer priorities.” Precision transforms vague feelings into actionable insight.



Next Steps - From Naming → Navigating

Using the Feelings Wheel to name emotions accurately is a powerful start. But here's the truth: **naming alone isn't enough.**

You've identified what you feel—what's next is learning how to decode those emotions for insight, regulate them in the storm, and express them with clarity and care.

That's the journey of becoming the captain of your emotional ship—**moving from awareness to agency.**

That's exactly what we do in my program **Compass of Clarity: Charting Your Course to Greater Emotional Intelligence.**

Through practical tools, guided reflection, and the sailboat metaphor, you'll learn to:

- Use emotions as data to uncover your deepest needs and values
- Build strategies for staying steady under stress
- Express emotions authentically in ways that build trust and connection
- Lead with more clarity, confidence, and care

Ready to chart your emotional course with precision and power?

Learn more about **Compass of Clarity** on the next page.



COMPASS OF CLARITY

An Emotional Intelligence Program for Leaders

Like steering a ship, emotional intelligence requires awareness, direction, and balance. These workshops invite you to navigate life's waters with steadiness, empathy, and purpose.



6 90-min. Live Teaching Sessions

Interactive sessions grounded in positive psychology



Private Online Community

A confidential space to connect, share, and be supported throughout the journey



6 1-hr Group Coaching Sessions

A space for integration, insight, and peer reflection—turning concepts into practice and lived leadership.



Monthly Office Hours

Drop in for encouragement or deeper conversation



Personalized EQ Growth Plan

Design your next journey to continue becoming the captain of your leadership.



1:1 Coaching Session (within 90 days post-program)

A follow-up opportunity to anchor and sustain momentum



Downloadable Workbook + Tools

Reflection prompts, micro-practices, templates, to help you strengthen EQ skills between sessions.



Quarterly Alumni Circles

Live community gatherings to reconnect, reflect, and continue practicing EQ beyond the 12 weeks.



Certificate of Completion

For personal recognition and accomplishment

LEARN MORE

Visit jonlieu.com/emotionalintelligence