

COMPASS CHECK

Reading Your Emotions Amid Life's Weather



Read your emotions clearly—even when circumstances feel chaotic.

Strong leaders read both the forecast and the compass.

Why This Tool Matters

Life is full of changing weather—tight deadlines, heavy workloads, unexpected crises, moments of calm or celebration.

Many leaders confuse the weather (external circumstances) with their compass (internal emotions).

When that happens, they either get stuck in the storm or ignore their compass altogether.

This tool helps you separate the two.

By noticing the weather and reading your compass, you'll gain clarity on how to steer through the day with steadiness.

Quick Start Instructions (5 Steps ~ 10 Minutes)

1. Pause for a moment and reflect on today's "weather" (your current circumstances).
2. Choose a weather symbol that fits (☀️ sunny, ☁️ partly cloudy, 🌧️ rainy, ⚡️ stormy, 🌬️ windy,).
3. Ask yourself: "What emotion is my compass pointing to right now?" Refer to the Feelings Wheel.
4. Write 1-2 words to name that emotion.
5. Note one action that will help you steer wisely given both the weather and the compass reading.

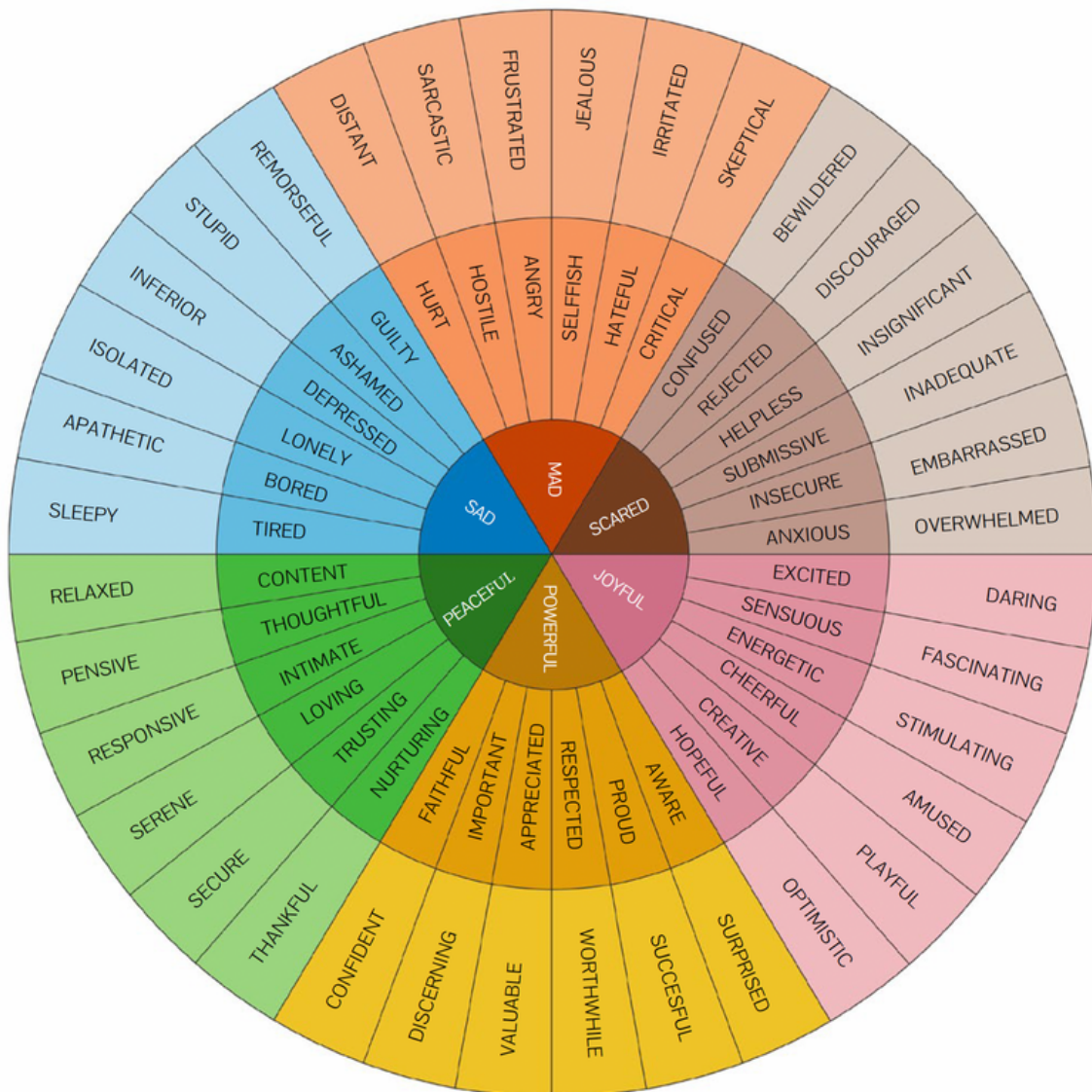
Example

Weather: Stormy (tight deadline, team conflict)

Compass (Emotion): Anxious, pressured

Action Step: Pause, clarify top priority, and communicate expectations calmly.

The Feelings Wheel



Source: Positivepsychology.com

Compass Check

Check #1

Weather: _____

Compass (Emotion): _____

Action Step: _____

Check #2

Weather: _____

Compass (Emotion): _____

Action Step: _____

Check #3

Weather: _____

Compass (Emotion): _____

Action Step: _____

Reflection & Growth

After using the Compass Check, jot a quick note.

How often do I confuse the weather (circumstances) with my compass (emotions)?

What did I notice about how my emotions responded to the day's "forecast"?

What leadership choice can I make today that honors both the weather and my compass?

Pro Tip:

Emotional intelligence isn't a personality trait—it's a set of skills. Practicing them daily, even in micro-actions, creates real change in how you lead and relate.



Next Steps - From Noticing → Navigating

Separating the weather from the compass is powerful—but the next challenge is learning to read **what emotions reveal about your needs and values.**

That's how you move from simply naming emotions to **using them as data to guide your course.**

Inside **Compass of Clarity: Charting Your Course to Greater Emotional Intelligence**, you'll learn how to interpret emotions as signals, regulate them in storms, and steer your ship toward calmer waters and clearer destinations.

👉 Ready to navigate with clarity?

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