

Emotional Load Navigator

For leaders carrying emotions that linger beneath the surface

The Leadership Reality

Emotions don't disappear when ignored. They get carried...into decisions, conversations, and capacity.

This tool helps you **process emotions so they inform you, not drain you.**

The Reset Practice

1. Name It (Get Granular)

Pause and identify what you're actually feeling.

- What is the precise emotion (not just "stressed")?
- Is it frustration, disappointment, resentment, anxiety, guilt?

Clarity reduces intensity.

2. Normalize It

Acknowledge the emotion without judgment.

- Why does this make sense given the situation?
- What value, expectation, or standard might this connect to?

Your emotions often point to what matters to you.

3. Navigate It

Let the emotion guide you toward a need or next step.

- What is this emotion signaling that I need?
- What response would honor both the situation and myself?

Emotions are data. You decide what to do with them.

One Insight to Carry Forward

When emotions are processed, they become guidance. When avoided, they become weight.

Reflection

What emotion have you been carrying that needs to be named and understood?