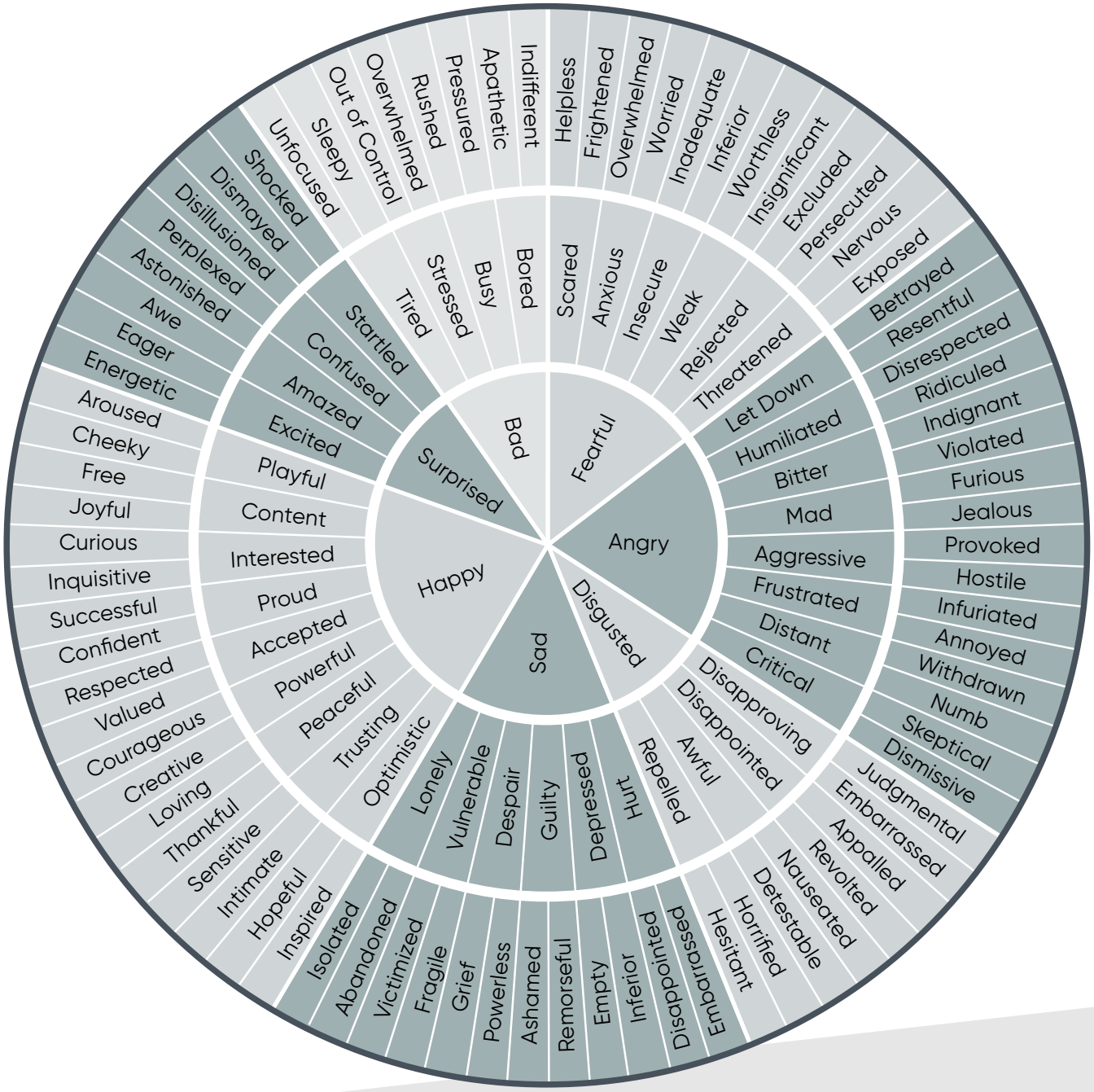
CHAPMAN & CO. LEADERSHIP INSTITUTE

Seek to Understand
Show up to Serve
Make it Better

Feelings Wheel & 24-Hour Activity

In 24 Hours...

1. How many emotions have you felt?
2. How many can you recall?
3. How many would you check-off this list?