

Emotional Footprint Exercise

We've heard about our carbon footprint – the **environmental** effect that a person, company, activity, etc. has on the globe. An emotional footprint is the **emotional** effect a person has on society.

What do you imagine your emotional footprint looks like?

Using the boxes below, list your current emotional footprint, and then your ideal emotional footprint. Include any ripple effect you imagine happening.

Example: If you currently tend to explode when you become emotional, describe a volcano with lava, or if you become tearful from anger, describe what that looks like.

If your ideal is to keep your emotions under control and live peacefully, describe water flowing under a bridge and gentle ripples on the water.

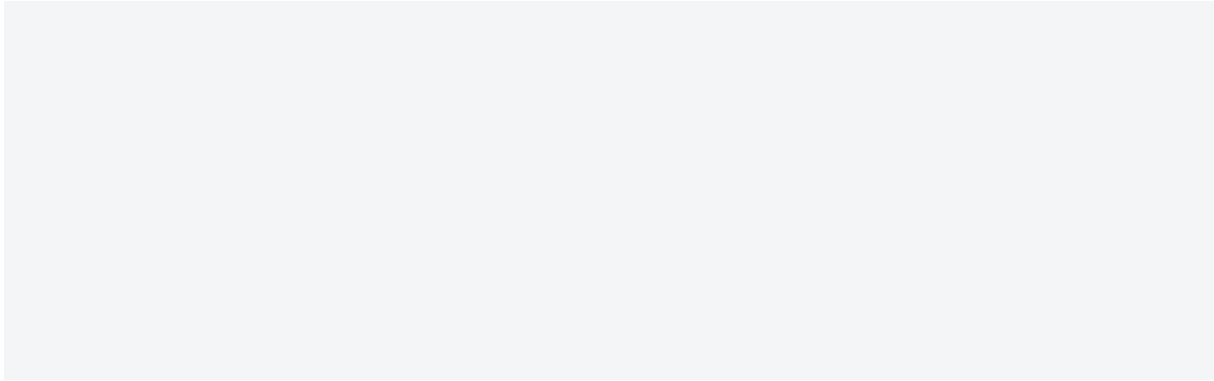
Your current or past emotional footprint	Your ideal emotional footprint

Describe one recent situation where your emotions got the better of you, and the ripple effect it could have had.

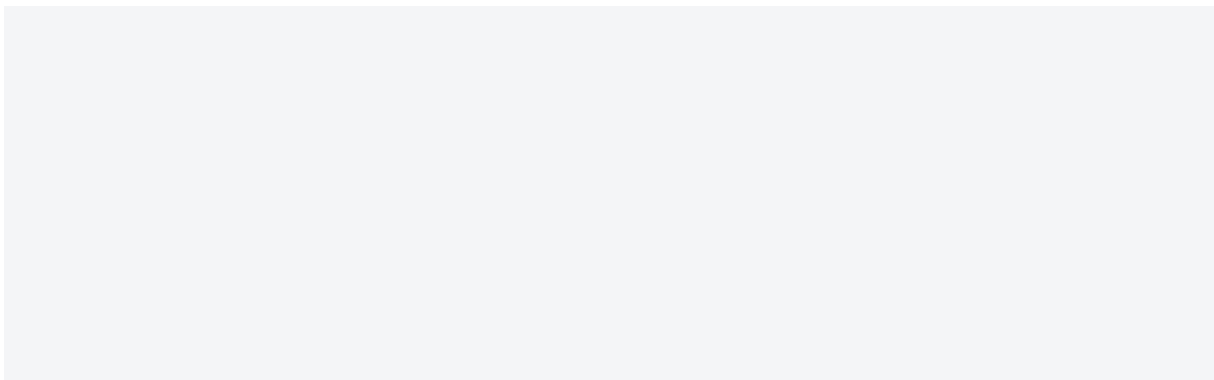
Example: *I shouted at a cashier who double charged me. Since she was a trainee, she burst into tears.*

Describe how you would manage the same situation using your ideal emotional footprint.

Example: I visualized water flowing under a bridge when a cashier double charged me. I realized the cashier was a trainee, and with the manager's help, the charges were reversed and they thanked me for my patience while the cashier learned how to prevent such mistakes in future.



Identify one step you can take in any situation to begin moving toward your ideal emotional footprint.



Dr. C. R. Wilson