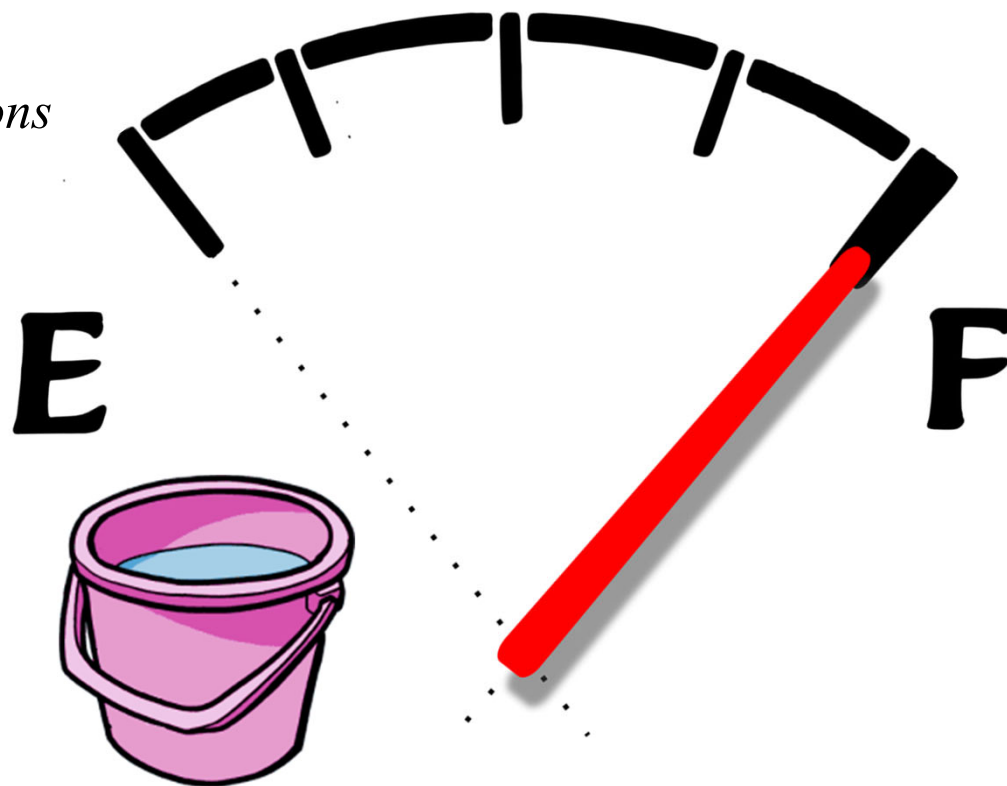


Emotional Bucket

**Excitement, Creativity,
Relaxation, Connection**

Drains

- *Painful Emotions*
- *Lack of Sleep*
- *Triggers*
- *Hunger*
- *Anger*
- *Illness*
- *Stress*



50%

Connection to Self

At Least 5 Things

- *Meditation*
- *Exercise*
- *Music*
- *Art*
- *Etc.*

50%

Connection to Others

At Least 5 People

- *Significant Other*
- *Family*
- *Friends*
- *Social*
- *Etc.*

NorthStar

Relational
Consultants

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