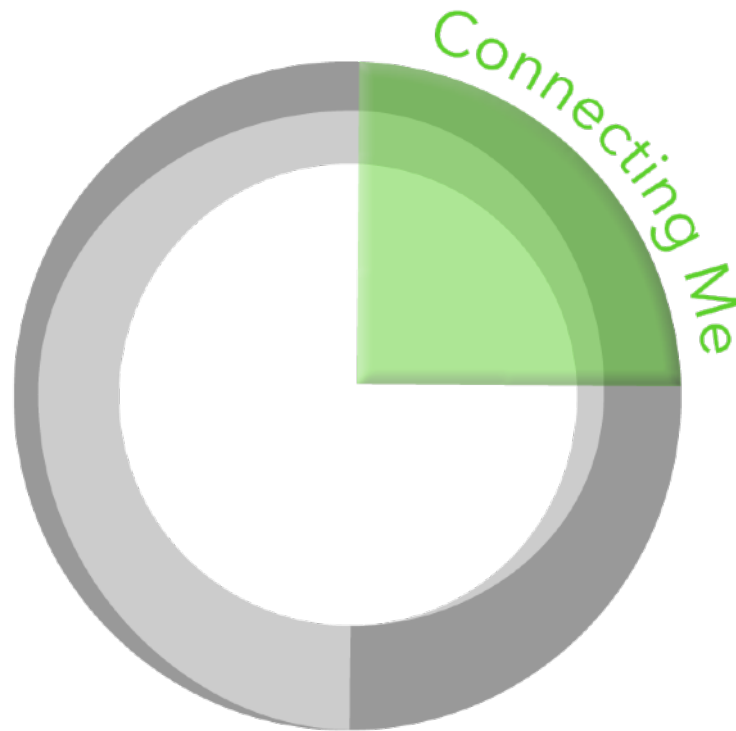


The CONNECTING ME Quadrant



Connecting emotions help us to belong, to value others, and contribute to shared achievements.

They help us to:

- respect others
- be responsible
- play our part
- connect with something bigger than ourselves.

Kindness is a key connecting emotion that leads to contentment.