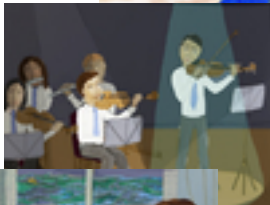


# Stretching Me



The emotions in this quadrant are all about *valuing ourselves in relation to our own achievements*, making our mark and building personal power – determined to stretch ourselves for all our worth. They drive us to seek opportunities for personal achievement and status, to face uncertainty and the unknown, to enhance our self-respect and assert our rights, while maintaining our connection with others.

The stretching quadrant can be thought of as an upward spiral, anticipating and self-priming for joy. Stretching emotions are triggered and sustained more than any other emotion by *determination*.

Determination comes from having a purpose or goal that is important to us. It commits us to make something important happen. Determination enables us to aim as high as possible and persevere towards a challenging goal. It is a form of anticipatory enthusiasm that helps us prioritise what is important to us, see things more clearly and overcome obstacles. As such, it functions to direct and coordinate other positive emotions.