

# The STRETCHING ME Quadrant

Stretching emotions drive us to *value ourselves*, to make our mark and stretch ourselves for all our worth.

They equip us to:

- look for challenge, success and status
- manage uncertainty and the unknown
- assert our rights.

*Determination* connects all the stretching emotions. It comes from having a purpose that is important to us and enables us to aim high, see our priorities clearly and persevere.