

Emotional Bucket

**Excitement, Creativity,
Relaxation, Connection**

50%
Connection to Self

At Least 5 Things

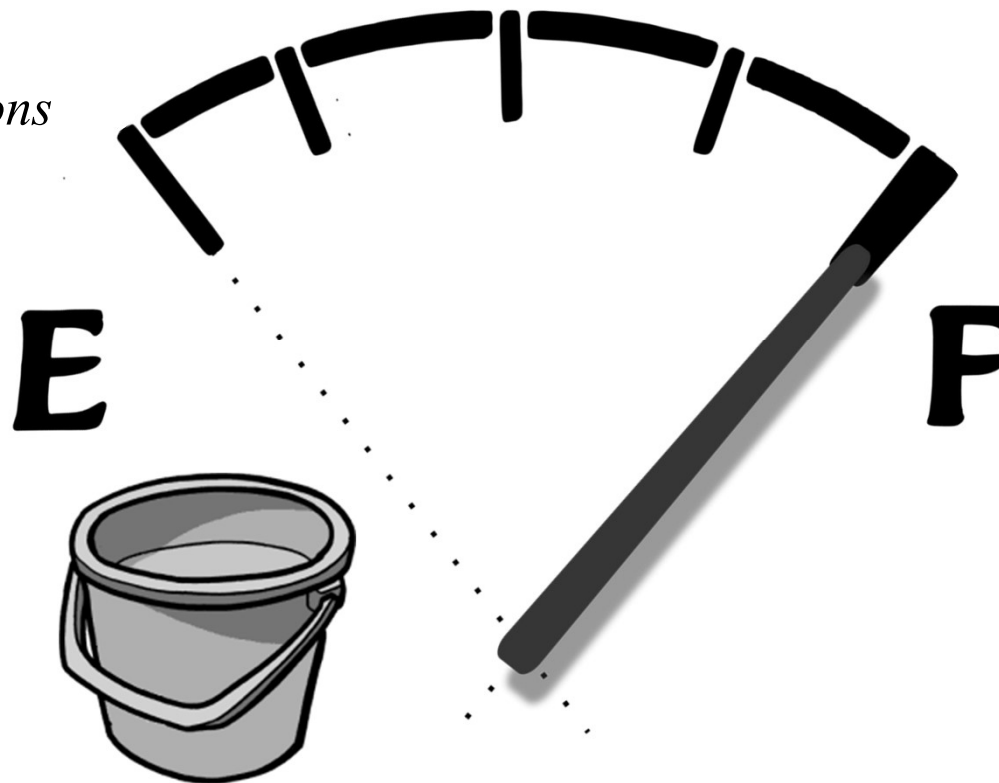
- *Meditation*
- *Exercise*
- *Music*
- *Art*
- *Etc.*

50%
Connection to Others

At Least 5 People

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

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



NorthStar

Relational
Consultants

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