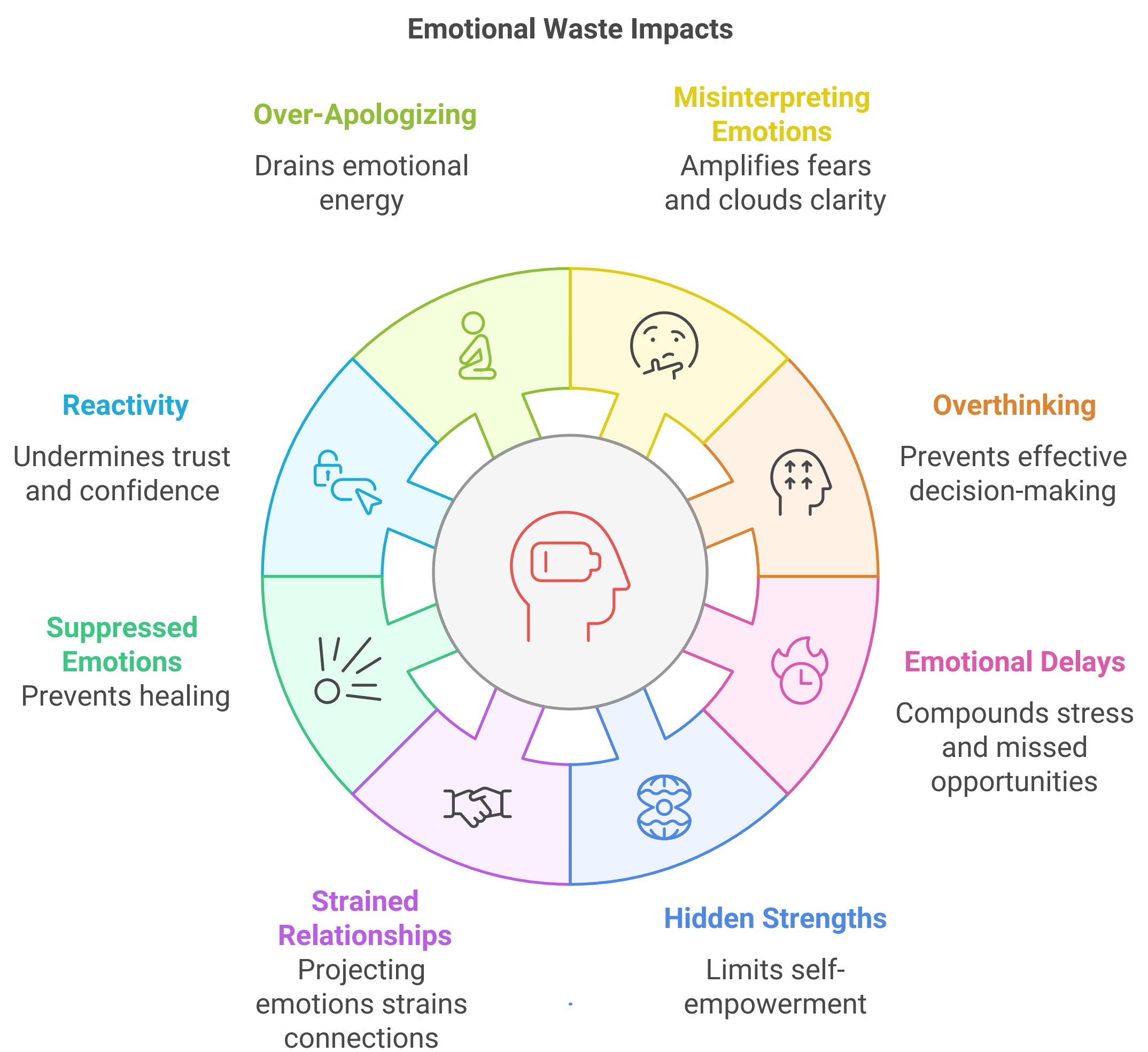


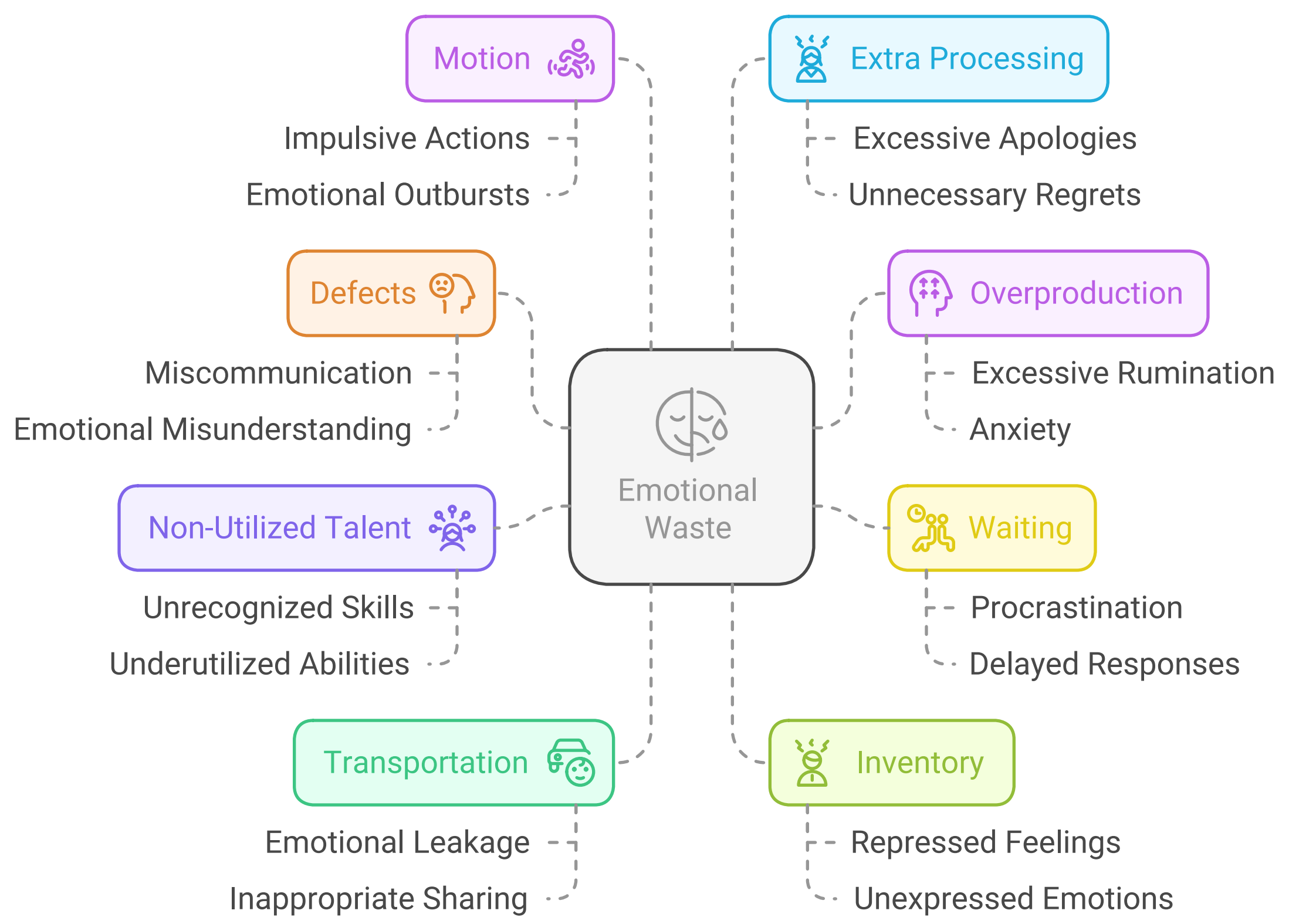
Emotional waste

- **Defects:** Misinterpreting emotions often amplifies fears and clouds clarity.
- **Overproduction:** Overthinking prevents effective decision-making.
- **Waiting:** Emotional delays compound stress and missed opportunities.
- **Non-Utilized Talent:** Hidden strengths limit self-empowerment.
- **Transportation:** Projecting emotions strains relationships.
- **Inventory:** Emotional suppression prevents healing.
- **Motion:** Reactivity undermines trust and confidence.
- **Extra Processing:** Over-apologizing drains emotional energy.



- **Defects:** Misinterpreting emotions
- **Overproduction:** Overthinking
- **Waiting:** Emotional delays
- **Non-Utilized Talent:** Hidden strengths
- **Transportation:** Projecting emotions
- **Inventory:** Emotional suppression
- **Motion:** Reactivity
- **Extra Processing:** Over-apologizing

Emotional Waste in Personal and Professional Contexts

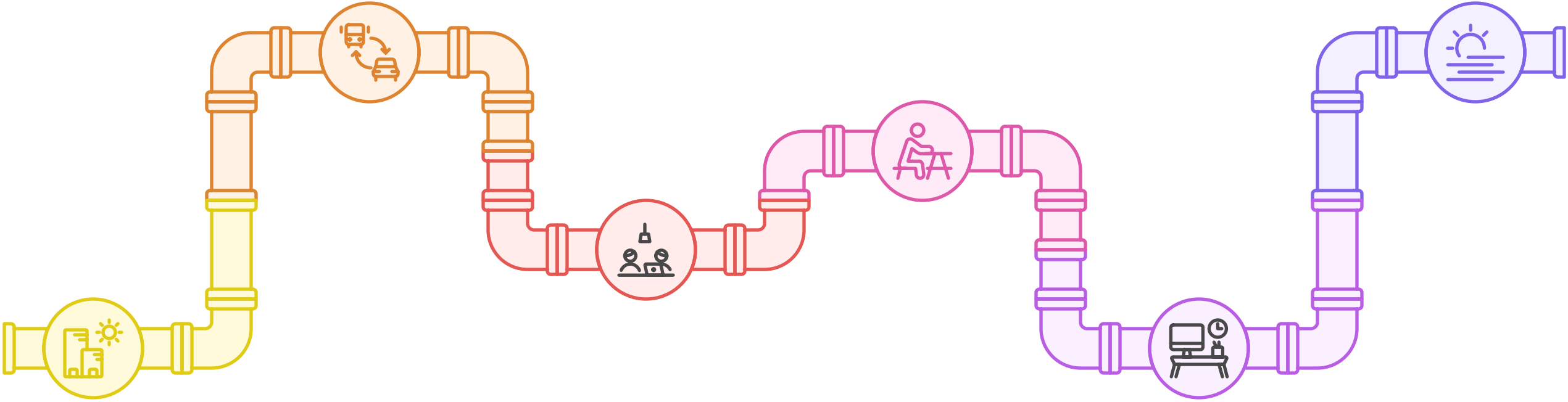


time line of a typical day and where these forms of waste show up

Timeline of Emotional Waste in a Typical Day



Timeline of Emotional Waste in a Typical Day



01

Morning Routine

Start of day with potential over-apologizing

02

Work Commute

Encountering stress and extra processing

03

Morning Meetings

Engaging in unnecessary emotional labor

04

Lunch Break

Time for reflection and recovery

05

Afternoon Tasks

Continuation of emotional waste

06

Evening Wind Down

Ending day with unresolved emotions