

POSITIVE FEELINGS LIST

Confident

bold
capable
centered
eager
energetic
focused
grounded
hopeful
inspired
keen
optimistic
powerful
productive
strong
sure
trusting
empowered
open
proud
safe
secure

Loving/Affectionate

compassionate
friendly
loving
open-hearted
sympathetic
tender
warm
aroused
caring
devoted
intimate

Refreshed

enlivened
rejuvenated
renewed
rested
restored
revived

Happy

amused
cheerful
delighted
ecstatic
elated
excited
exuberant
gleeful
high
joyful
glad
happy
jubilant
pleased
tickled
exhilarated
blissful
enthralled
radiant
rapturous
thrilled

Peaceful/Content

adequate
content
mellow
peaceful
pleased
calm
clear-headed
comfortable
centered
fulfilled
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

Grateful

appreciative
moved
thankful
touched
grateful
gratified
indebted
relieved

Engaged/Thoughtful

challenged
curious
illuminated
informed
interested
pensive
reflective
absorbed
alert
engrossed
enchanted
entranced
fascinated
intrigued
involved
spellbound
stimulated

Inspired

amazed
awed
wonder

Hopeful

expectant
encouraged
optimistic