



POSITIVE EMOTIONS

What do you want to start (believing, expecting, feeling, doing, valuing etc)... Do more of (believe more, expect more, feel more, value more) and, continue... (believing, expecting, feeling, valuing etc)....

Once you know what you want, what do you need to believe in order to make those actions feel more effortless, joyful, or more comfortable? What do you need to expect about yourself or the field of play you’re standing on to make those changes happen?

And finally, what do you need to value about yourself, the world, the people you interact with, your skills, and your knowledge to feel more confident, decisive, enthusiastic, peaceful, optimistic, etc?

Use the following list of positive emotions as inspiration to guide your thoughts.

JOYFUL	A sense of elation, happiness, and perhaps even exhilaration, often experienced as a sudden spike due to something good happening.
GRATEFUL	A feeling of thankfulness, for something specific or simply all-encompassing, often accompanied by humility and even reverence.
SERENITY	Calm and peaceful feeling of acceptance of oneself.
INTEREST	Feeling of curiosity or fascination that demands and captures your attention.
HOPEFUL	Feeling of optimism and anticipation about a positive future.
PRIDE	A sense of approval of oneself and pleasure in an achievement, skill, or personal attribute.
AMUSED	A feeling of lighthearted pleasure and enjoyment, often accompanied by smiles and easy laughter
INSPIRED	Feeling engaged, uplifted, and motivated by something you witnessed.
AWE	An emotion that is evoked when you witness something grand, spectacular, or breathtaking, sparking a sense of overwhelming appreciation.
ELEVATION	The feeling you get when you see someone engaging in an act of kindness, generosity, or inner goodness, spurring you to aspire to similar action.
ALTRUISM	Usually referred to as an act of selflessness and generosity towards others, but can also describe the feeling you get from helping others.
SATISFACTION	A sense of pleasure and contentment you get from accomplishing something or fulfilling a need



THE ALTER EGO EFFECT

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AFFECTION	An emotional attachment to someone (or even a pet), accompanied by a liking for them and a sense of pleasure in their company.
CHEERFULNESS	A feeling of brightness, being upbeat and noticeably happy or chipper; feeling like everything is going your way.
SURPRISE (THE GOOD KIND!)	A sense of delight when someone brings you unexpected happiness or a situation goes even better than you had hoped.
CONFIDENCE	Emotion involving a strong sense of self-esteem and belief in yourself; can be specific to a situation or activity, or more universal
ADMIRATION	A feeling of warm approval, respect, and appreciation for someone or something.
ENTHUSIASM	A sense of excitement, accompanied by motivation and engagement.
EAGER	Like a less intense form of enthusiasm; a feeling of readiness and excitement for something.
EUPHORIA	Intense and all-encompassing sense of joy or happiness, often experienced when something extremely positive and exciting happens.
ENJOYMENT	A feeling of taking pleasure in what is going on around you, especially in situations like a leisure activity or social gathering.
OPTIMISM	Positive and hopeful emotion that encourages you to look forward to a bright future, one in which you believe that things will mostly work out.
HAPPINESS	A feeling of pleasure and contentment in the way things are going; a general sense of enjoyment of and enthusiasm for life.
CONTENTMENT	Peaceful, comforting, and low-key sense of happiness and well-being.
RELIEF	The feeling of happiness you experience when an uncertain situation turns out for the best, or a negative outcome is avoided.



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YOUR TURN...

Make a note of the emotions that jumped together with any others that came to mind as you read through the list. Is this something you want to start, do more of, or continue believing, expecting, feeling or valuing? Why?