



## Positive Feelings

### Happy

Amazing  
Amused  
Buoyant  
Calm  
Carefree  
Cheery  
Complacent  
Content  
Elated  
Euphoric  
Fantastic  
Fortunate  
Free  
Generous  
Giddy  
Glad  
Grateful  
Great  
Innocent  
Inspired  
Jolly  
Joyful  
Joyous  
Lighthearted  
Optimistic  
Peaceful  
Playful  
Pleased  
Satisfied  
Serene  
Supported  
Unburdened

### Secure

Accomplished  
Alive  
Assertive  
At-Ease  
Authentic  
Balanced  
Bold  
Brave  
Comfortable  
Comforted  
Confident  
Courageous  
Daring  
Determined  
Earnest  
Empowered  
Encouraged  
Fearless  
Genuine  
Grounded  
Guided  
Healthy  
Heroic  
Hopeful  
Humble  
In-charge  
In-control  
Independent  
Intent  
Light  
Lucky  
Open  
Powerful  
Pretty  
Protected  
Protective  
Proud  
Reassured  
Relaxed  
Relieved  
Resolute  
Responsible  
Safe  
Sassy  
Secure  
Self-assured  
Self-Confident  
Smart

Solid  
Spontaneous  
Strong  
Successful  
Supported  
Trusted  
Trusting  
Trustworthy  
Uninhibited  
Vindicated

### Excited

Aroused  
Eager  
Ecstatic  
Elated  
Energetic  
Enthusiastic  
Exhilarated  
Exuberant  
Feisty  
Free  
Gleeful  
Illuminated  
Jubilant  
Passionate  
Spirited  
Spontaneous  
Successful  
Surprised  
Thrilled  
Uplifted  
Vivacious  
Zealous

### Motivated

Caring  
Creative  
Curious  
Determined  
Energized  
Engrossed  
Enlightened  
Enthusiastic  
Fascinated  
Genuine  
Inquiring  
Inquisitive  
Intrested  
Intrigued  
Knowledgeable

Mischievous  
Nostalgic  
Pumped Up  
Reminiscent  
Sincere  
Unique  
Wise  
Valued  
Warm

### Loving

Accepted  
Affectionate  
Comfortable  
Compassionate  
Connected  
Close  
Desirable  
Desirous  
Dreamy  
Empathetic  
Genuine  
Lovable  
Loving  
Loyal  
Passionate  
Self Loving  
Sexy  
Sympathetic  
Tender  
Valuable  
Valued  
Warm