

Positive Emotion List

Use this handy Positive Emotion list to help expand your awareness of the emotions you feel in this life. Become more skilled at creating the positive emotions you desire, as you grow and learn to name your emotions!

You increase your power by feeling *dynamic* rather than *fine*, *energetic* rather than *OK*, and *sensational* rather than simply *good*.

*This list is brought to you by Thea Westra of [Forward Steps](#)
You will enjoy exploring her [My Forward Steps](#) Membership site and her
inspiring daily stepping stones book at [Time For My Life](#)*

*The list is created for you by Christopher Westra of [Light Is Real](#)
As well as this handy list, Christopher has many more incredibly practical tools
and gifts for you at the [I Create Power](#) and [I Create Profits](#) member sites.*

Designed to be used in conjunction with Christopher Westra's [Holographic Creation Process](#) and the HoloCreation Sheet, the list has many other applications and various ways for you to use it. See a short movie about creating your reality, at the link above.

Many people have used this list for a variety of purposes. People really want to connect with their emotions! You are welcome to pass the list to anyone you like - please leave the entire document intact.

In fact, think of someone right now, and do **PASS IT ON today!**

Join the Light Workers in spreading awareness and an increase in conscious creation. If you have a printed version of this list, you can access all these resources and much more at Light Is Real

Thanks, and enjoy the list,
Christopher and Thea

Able	Aware	Congruent
Absolved	Awesome	Connected
Abundant	Balanced	Conscious
Accelerated	Beautiful	Constant
Acceptable	Believing	Content
Accepted	Blessed	Cooperative
Accepting	Blissful	Courageous
Accomplished	Bonded	Credible
Accountable	Brave	Daring
Achieving	Bright	Decisive
Active	Brilliant	Defended
Adaptable	Calm	Delighted
Adequate	Capable	Dependable
Admirable	Captivated	Desirable
Admired	Cared For	Dignified
Adored	Careful	Discerning
Affluent	Caring	Disciplined
Agreeable	Cautious	Distinguished
Agreeable	Centered	Dutiful
Alert	Certain	Dynamic
Ambitious	Cheerful	Eager
Amenable	Cherished	Easy-going
Amused	Clean	Ecstatic
Appreciated	Clear	Edified
Approving	Collected	Efficient
Assertive	Comfortable	Elated
Assured	Comforted	Elegant
At ease	Committed	Elevated
Attached	Compassionate	Emancipated
Attentive	Complete	Empowered
Attractive	Composed	Encouraged
Authentic	Comprehending	Energetic
Awake	Confident	Energized

Enthusiastic	Harmonious	Loved
Euphoric	Healed	Loyal
Exceptional	Helpful	Lucky
Excited	Heroic	Magnetic
Exhilarated	High	Marvelous
Experienced	Honest	Masterful
Expressive	Honorable	Mature
Exuberant	Honored	Meek
Faith	Hopeful	Merciful
Fantastic	Humble	Methodical
Favored	Humorous	Mindful
Firm	Important	Modest
Flexible	In control	Motivated
Flowing	Included	Neat
Focused	Independent	Noble
Forceful	Infatuated	Non-judgmental
Forgiven	Influential	Observant
Fortified	Innocent	Open
Fortunate	Inspired	Open Hearted
Free	Intelligent	Optimistic
Friendly	Interested	Organized
Fulfilled	Invigorated	Outgoing
Gentle	Invincible	Pacified
Genuine	Invited	Pampered
Gifted	Jovial	Pardoned
Glowing	Joyful	Passionate
Good-natured	Jubilant	Patient
Graceful	Judicious	Peaceful
Gracious	Kind	Perfect
Gratified	Learning	Persevering
Grounded	Liberated	Pleasant
Growing	Light	Pleased
Guarded	Lighthearted	Popular
Happy	Loose	Positive

Powerful	Responsive	Thoughtful
Praised	Restored	Thrilled
Precious	Revitalized	Tolerant
Prepared	Rewarded	Tranquil
Present	Rooted	Triumphant
Productive	Satisfied	Trust
Proficient	Secure	Trusting
Progressive	Selfless	Unbiased
Prosperous	Self Reliant	Understanding
Protected	Sensational	Understood
Prudent	Sensible	Undisturbed
Punctual	Sensitive	Unhurried
Purified	Serene	Unique
Purposeful	Settled	United
Qualified	Sharing	Unselfish
Quick	Simple	Upheld
Radiant	Skillful	Valiant
Rational	Smooth	Valuable
Reasonable	Soothed	Valued
Reassured	Spirited	Virile
Receptive	Splendid	Vital
Recognized	Stable	Warm
Redeemed	Steadfast	Wealthy
Regenerated	Strengthened	Willing
Relaxed	Strong	Wise
Release	Successful	Wonderful
Reliable	Supported	Worthwhile
Relief	Sustained	Worthy
Relieved	Tactful	Yielding
Remembered	Teachable	Zealous
Replenished	Temperate	
Resolute	Tenacious	
Respected	Tender	
Respectful	Thankful	