

Positive Feeling Words and Phrases

Have fun adding your own words to the list.

Peaceful Feelings	Joyful Feelings
approving, at ease, calm, cherished / cherishing, comfortable, content, expansive, faithful, glad, god-conscious, harmonious, moved, placid, protected, quiet, relaxed, safe, satisfied, secure, self-accepting, still, treasured / treasuring	beatific, blissful, bright, cheerful, delighted, divine, ecstatic, elated, enriched, exhilarated, exultant, euphoric, fervent, happy, hopeful, inspired, motivated, optimistic, positive, resplendent, stirred, transcendent, unlimited, uplifted
Loving Feelings	Feelings of Empowerment
accepted / accepting, adored / adoring, admired / admiring, appreciated / appreciative, befriended, celebratory, connected, close, delighted in / delighting in, encouraged / encouraging, forgiven / forgiving, generous, giving, grateful, nurtured / nurturing, open, protected / protective, respected / respecting, sustained, thankful, trusted / trusting,	accomplished, artistic, certain, creative, dignified, energetic, expert, fulfilled, gratified, healthy, honored, important, informed, indispensable, intelligent, knowledgeable, learned, nourished, inventive, original, pleased, proud, recognized, rewarded, successful, valued / valuable, worthy
Wise Feelings	Exciting Feelings
absorbed, alert, astute, attuned, aware, centered, discerning, focused, free, insightful, introspective, intuitive, judicious, liberated, one-pointed, open, perceptive, sensitive, unbound, unfettered, wise	amazed, awed, brave, curious, courageous, daring, engaged, enthused, fearless, frisky, funny, hilarious, interested, intrigued, laughing, lively, on-fire, passionate, reverent, spirited, stimulated

My Own Words:

Tip: Circle 3-5 words that match today. Try a different set next time.