



Positive & Comfortable Emotions

Find a word for how you feel!

LOVE & CONNECTION

Affectionate
Caring
Compassionate
Connected
Devoted
Empathetic
Loving
Openhearted
Safe
Supported
Tender
Warm

JOY & HAPPINESS

Amused
Cheerful
Delighted
Elated
Excited
Glad
Happy
Joyful
Playful
Pleased
Radiant
Thrilled

PEACE & CALM

Accepting
At ease
Calm
Centered
Clearheaded
Comfortable
Content
Grounded
Mellow
Peaceful
Relaxed
Serene

CONFIDENCE & SELF TRUST

Assured
Authentic
Brave
Capable
Certain
Clear
Confident
Empowered
Honest
Proud
Strong
Worthy

ENERGY & MOTIVATION

Alive
Animated
Eager
Energized
Enthusiastic
Focused
Inspired
Invigorated
Motivated
Productive
Refreshed
Vibrant

INTEREST & CURIOSITY

Absorbed
Alert
Aware
Curious
Engaged
Fascinated
Inquisitive
Interested
Intrigued
Open
Receptive
Wonderstruck

HOPE & OPTIMISM

Encouraged
Expectant
Faithful
Hopeful
Optimistic
Positive
Reassured
Renewed
Trusting
Uplifted
Upbeat
Inspired

FULFILLMENT & SATISFACTION

Accomplished
Balanced
Complete
Fulfilled
Gratified
In flow
Meaningful
Purposeful
Satisfied
Successful
Valued
Whole

KINDNESS & EMPATHY

Accepting
Compassionate
Considerate
Cooperative
Gentle
Giving
Helpful
Kind
Patient
Respectful
Sensitive
Understanding

CREATIVITY & FREEDOM

Adventurous
Creative
Expressive
Free
Imaginative
Inventive
Liberated
Open minded
Original
Playful
Spontaneous
Unrestricted

APPRECIATION & GRATITUDE

Appreciative
Awed
Blessed
Grateful
Honored
Humbled
Loved
Moved
Recognized
Thankful
Touched
Valued

REST & RENEWAL

At ease
Comforted
Lighthearted
Nurtured
Rejuvenated
Relieved
Rested
Restored
Revived
Secure
Soothed
Tranquil

Life, Uncomplicated. 

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