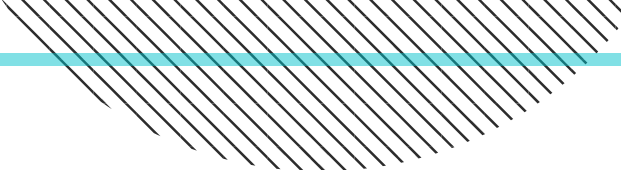




# YOUR EMOTIONS MATTER

## **This Guide Will:**

- Allow you to recognize what you are feeling
  - Draw attention to a specific feeling
- Give you power to adapt and change how you are feeling
  - Bring light to feelings that do not serve you



All emotions have their appropriate place and time, but positive emotions are the ones most of us prefer to have more frequently, with maybe a light scattering of negative ones to prove we're still human.

And yet, we often find ways to make ourselves miserable, and then we wonder why we catch every bug that's going around.

It's no longer a leap to see the connection between our emotions and our physical (as well as mental) health. In essence, the more time we spend with positive emotions that are in congruence with our core truth, the healthier we are.

And because what we feel is tied to what we believe and to the words we use to express those beliefs, we can make more room for positive feelings by eliminating the beliefs and the language that are hostile to them.

First, though, we need to know what emotions are and why they're so powerful.



## What Are Emotions?

Generally speaking, an emotion is a felt response to something that affects you in some way. Depending on whom you ask, emotions can either be an involuntary response to something (like a reflex) or a chosen response (like a judgment).

However you see them, the emotions you feel have a profound effect on every aspect of your life, from your relationships to the quality of your work to your longevity and overall health.

As much as we usually enjoy positive emotions more than negative ones, though, we actually need both.

Take a look at some of the benefits of positive emotions:

- Better health and productivity
- Stronger relationships
- More effective coping strategies and greater resilience
- Protection against cognitive decline
- Better productivity and more effective work
- More effective leadership and enhanced job performance
- A greater feeling of connectedness to others

Taking the time to cultivate and to mindfully enjoy positive emotions helps us to grow and makes us better able to contribute to the happiness of others.



## Emotions List

You can no doubt think of more, but let's consider the following positive emotions.

As you go down the positive emotions list, take a moment to think of a time when you felt each one.

Visualize that moment and try to feel its corresponding emotion with the same intensity. Don't be surprised if you remember other, less positive emotions associated with the same memories.

Sometimes anger is the prelude to triumph. Sometimes sadness leads us to a moment of awe and admiration. And guilt can make us eager to become better examples to others.

Sometimes that very guilt and shame we feel can make it easier to forgive others the hurt they've caused us.

There's power in knowing that the context (which includes your response to it) rather than the feeling itself is what makes it either beneficial or harmful. See if you can find proof of this as you go through your own memories of each positive emotion in this list.



## Emotions List

Open	Important	Thrilled	Affectionate
Understanding	Festive	Wonderful	Sensitive
Confident	Ecstatic	Calm	Tender
Reliable	Satisfied	Good	Devoted
Easy	Glad	Peaceful	Attracted
Amazed	Cheerful	At Ease	Passionate
Free	Sunny	Comfortable	Admiration
Sympathetic	Merry	Please	Warm
Interested	Elated	Encouraged	Touched
Satisfied	Jubilant	Clever	Sympathy
Receptive	Playful	Surprised	Close
Accepting	Courageous	Content	Loved
Kind	Energetic	Quiet	Comforted
Great	Liberated	Certain	Concerned
Gay	Optimistic	Relaxed	Affected
Joyous	Alive	Serene	Fascinated
Lucky	Happy	Free And Easy	Intrigued
Fortunate	Impulsive	Bright	Absorbed
Delighted	Free	Blessed	Snoopy
Overjoyed	Frisky	Reassured	Curious
Gleeful	Animated	Loving	Eager
Thankful	Spirited	Considerate	Keen



## Emotions List, Cont.

Earnest	Impulsive
Intent	Altruism
Anxious	Sure
Inspired	Strong
determined	Unique
Excited	Wholeness
Enthusiastic	Worthiness
Bold	Dynamic
Brave	Tenacious
Unity	Hardy
Daring	Secure
Interested	Abundance
Challenged	Cheerful
Re-Enforced	Blissful
Confident	Momentum
Romance	Revelation
Satisfaction	Compassion
Gratitude	Empowered
Hopeful	Friendship



## Observe Your Feelings And Emotions

One of the best ways to understand and savor these positive feeling words is by observing them as they appear in yourself. Pay attention to emotions as they rise up in your conscious awareness.

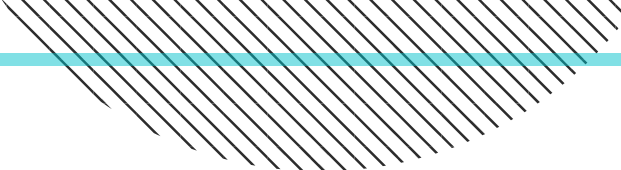
Or at random times, check in with yourself to see what emotional state you are in.

Ask yourself these questions:

- What positive emotion am I experiencing right now?
- How does this emotion make me feel?
- How does this emotion impact my attitude and outlook?
- What might have triggered or fostered this positive feeling?
- How can I return to this happy emotion again?

Having more clarity around your good feelings helps you know yourself and what impacts your mood for the better. When negative feelings arise, you can use this information to improve your state of mind.





Good emotions are those that are consistent with the truth; they represent an appropriate response to the way things are — inside and out.

But while your subconscious knows the difference between real and fake emotions (and your body will reflect what it knows), you can make more room for positive emotions.

- You can practice being more grateful and present in each moment.
- You can spend more time enjoying and taking delight in the good things you have.
- And you can forgive others, even when it's not the first response that comes to mind when you think of them. Forgive them for your own sake, so you can replace that stubborn and painful resentment with serenity and goodwill.

Good emotions — both positive and negative — can work together to help you put your house in order.





I hope this document has helped clarify the role of positive emotions in your life and in the lives of those close to you.

Whatever kind of day you're having, remember that the words you use to express what you believe *and* what you feel about something impacts everything you do.

You don't have to use positive feeling words all the time, either. Sometimes, it makes more sense to acknowledge a negative emotion and give it its due — as long as it doesn't stick around longer than you need it.

If you've found value in this outline, I hope you'll share it with others and encourage them to pass it on. The more we share what has helped us grow, the more we contribute to the growth of others. It's a win-win.

Keep pressing, keep going my friend.

You, are doing amazing.

A handwritten signature in black ink that reads "Nate Lucht". The signature is fluid and cursive, with the first name "Nate" being larger and more prominent than the last name "Lucht".