

Nurturing Healthy Emotions

Handout #2

EXPERIENCING HEALTHY AND POSITIVE EMOTIONS IN MY OWN LIFE

Healthy and positive emotion	I could experience more of this healthy and positive emotion in my life by...
Fun & playfulness	
Awe & wonder	
Thankfulness	
Hope/optimism	
Inspiration	
Interest	
Joyfulness	
Delight in a job well done	
Serenity/peacefulness	
Love	