

THE 10 EMOTIONS OF *Happiness*

JOY

When you feel victorious, exuberant and satisfied. It's like winning a race or completing something meaningful.

AMUSEMENT

Something unexpected makes you laugh. Amusement often happens with others and laughter is contagious. The situation is safe and not serious. Almost anything that's incongruent and unexpected can spark amusement!

GRATITUDE

Someone has gone out of their way to do something nice for you. A moment of awareness takes hold and you realize your life is pretty good.

INSPIRATION

You discover true excellence; you transcend the ordinary. Or you witness nature at its very best. Your attention is riveted. Your heart is warmed. You feel pulled to be your best self.

SERENITY

You are safe and content. You feel peaceful and calm. Nothing is demanding your attention. You want to sit back and soak it in.

AWE

Goodness on a grand scale! You are overwhelmed, momentarily transfixed, even humbled by something or someone. You may recognize that you are part of something greater than yourself. Awe often defies explanation.

INTEREST

Something new draws your attention. You are fascinated. Your horizons are expanding as you are beckoned to explore.

LOVE

Love is always a combination of some of the other happy emotions. When we love something or someone, we may feel joy AND hope. We may feel inspired AND amused by that person or thing. When many positive emotions are stirred within a relationship, we call that LOVE!

HOPE

This feeling usually arises with a bit of fear. The possibility of something "good" always comes with the chance it won't work out. Hope motivates you. It often allows you to tap into your own capabilities.

PRIDE

When paired with a touch of humility, pride is a terrific feeling. It's a sense of accomplishment or a positive reflection on your character. You're making a difference!

