

EMOTIONS LIST

When you increase your mindfulness, you might notice more emotions bubbling up. Each day you will identify emotions that come up during the GLOWY Daily Reflection Practice and/or journaling. Below is a collection of emotions to get your creative juices flowing.

Happy/Energized/Confident/Helped/Strong

Accepted	Complete	Enthusiastic	Inspired	Rested
Appreciated	Confident	Excited	Joyful	Secure
Blessed	Delighted	Grateful	Loving	Trusting
Brave	Determined	Happy	Motivated	Understood
Cherished	Dynamic	Hopeful	Optimistic	Vibrant

Sad/Hurt/Angry/Tired/Anxious

Afraid	Dejected	Hopeless	Listless	Sad
Bitter	Disgusted	Hurt	Lonely	Stressed
Bored	Distrustful	Indifferent	Pessimistic	Unsure
Burned out	Exhausted	Irritated	Rejected	Weary
Critical	Fearful	Jealous	Resentful	



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