

Positive Emotion List

You can use this list to help expand your awareness of the emotions you feel in this life. As you learn to name your emotions, you grow and become more skilled at creating the emotions you desire!

You increase your power by feeling *dynamic* rather than *fine*, *energetic* rather than *OK*, and *sensational* rather than simply *good*.

This list was designed for use with Christopher Westra's Holographic Creation Process and the HoloCreation Sheet. You can get the ten principles of manifesting with [holographic creation here](#), and from that page you can also link to a short movie about creating your reality.

The list is also helpful for Creating Joy through the eight-step [Emotional Transformation Process](#). You can get the short version of the eight steps at the link above.

I've been amazed at the popularity of this list. People really want to connect with their emotions! You are welcome to pass this list on to anyone you like - just leave the entire document intact.

In fact, think of someone who could use this emotion list and do pass it on! Join the Light Workers in spreading awareness and an increase in conscious creation. You can simply attach the PDF to an email, or send them to the page below.

You can also access a web version of the [Positive Emotion List](#). For those reading a printed version of this list, you can access all these resources and much more at [LightisReal.com](#).

Thanks, and enjoy the list,
Christopher

Able	Aware	Congruent
Absolved	Awesome	Connected
Abundant	Balanced	Conscious
Accelerated	Beautiful	Constant
Acceptable	Believing	Content
Accepted	Blessed	Cooperative
Accepting	Blissful	Courageous
Accomplished	Bonded	Credible
Accountable	Brave	Daring
Achieving	Bright	Decisive
Active	Brilliant	Defended
Adaptable	Calm	Delighted
Adequate	Capable	Dependable
Admirable	Captivated	Desirable
Admired	Cared For	Dignified
Adored	Careful	Discerning
Affluent	Caring	Disciplined
Agreeable	Cautious	Distinguished
Agreeable	Centered	Dutiful
Alert	Certain	Dynamic
Ambitious	Cheerful	Eager
Amenable	Cherished	Easy-going
Amused	Clean	Ecstatic
Appreciated	Clear	Edified
Approving	Collected	Efficient
Assertive	Comfortable	Elated
Assured	Comforted	Elegant
At ease	Committed	Elevated
Attached	Compassionate	Emancipated
Attentive	Complete	Empowered
Attractive	Composed	Encouraged
Authentic	Comprehending	Energetic
Awake	Confident	Energized

Enthusiastic	Harmonious	Loved
Euphoric	Healed	Loyal
Exceptional	Helpful	Lucky
Excited	Heroic	Magnetic
Exhilarated	High	Marvelous
Experienced	Honest	Masterful
Expressive	Honorable	Mature
Exuberant	Honored	Meek
Faith	Hopeful	Merciful
Fantastic	Humble	Methodical
Favored	Humorous	Mindful
Firm	Important	Modest
Flexible	In control	Motivated
Flowing	Included	Neat
Focused	Independent	Noble
Forceful	Infatuated	Non-judgmental
Forgiven	Influential	Observant
Fortified	Innocent	Open
Fortunate	Inspired	Open Hearted
Free	Intelligent	Organized
Friendly	Interested	Outgoing
Fulfilled	Invigorated	Pacified
Gentle	Invincible	Pampered
Genuine	Invited	Pardoned
Gifted	Jovial	Passionate
Glowing	Joyful	Patient
Good-natured	Jubilant	Peaceful
Graceful	Judicious	Perfect
Gracious	Kind	Persevering
Gratified	Learning	Pleasant
Grounded	Liberated	Pleased
Growing	Light	Popular
Guarded	Lighthearted	Positive
Happy	Loose	Powerful

Praised
Precious
Prepared
Present
Productive
Proficient
Progressive
Prosperous
Protected
Prudent
Punctual
Purified
Purposeful
Qualified
Quick
Radiant
Rational
Reasonable
Reassured
Receptive
Recognized
Redeemed
Regenerated
Relaxed
Release
Reliable
Relief
Relieved
Remembered
Replenished
Resolute
Respected
Respectful
Responsive

Restored
Revitalized
Rewarded
Rooted
Satisfied
Secure
Selfless
Self Reliant
Sensational
Sensible
Sensitive
Serene
Settled
Sharing
Simple
Skillful
Smooth
Soothed
Spirited
Splendid
Stable
Steadfast
Strengthened
Strong
Successful
Supported
Sustained
Tactful
Teachable
Temperate
Tenacious
Tender
Thankful
Thoughtful

Thrilled
Tolerant
Tranquil
Triumphant
Trust
Trusting
Unbiased
Understanding
Understood
Undisturbed
Unhurried
Unique
United
Unselfish
Upheld
Valiant
Valuable
Valued
Virile
Vital
Warm
Wealthy
Willing
Wise
Wonderful
Worthwhile
Worthy
Yielding
Zealous