

FOCUSING ON THE GOOD

TEN POSITIVE EMOTIONS & WHAT THEY DO FOR US

JOY

Inspires us to play around & get more creative.

Benefit: We gain new skills through new experiences.



GRATITUDE

Inspires us to be more kind and generous.

Benefit: We learn to care for others & strengthen relationships



CONTENTMENT

Allows us to savor good things & integrate them into new priorities or values

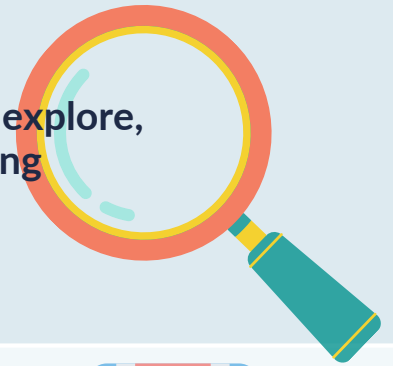
Benefit: We gain new perspective & sharpen priorities



INTEREST

Inspires us to learn, explore, & expand our thinking

Benefit: We gain new knowledge



HOPE

Inspires us to plan for a better future

Benefit: We grow in optimism & resilience to adversity



PRIDE

Makes us dream big

Benefit: We are more motivated & achieve greater things



AMUSEMENT

Inspires us to share laughs & good humor with others

Benefit: Humor builds social bonds & protects our health



INSPIRATION

Creates the urge to excel & achieve our personal best

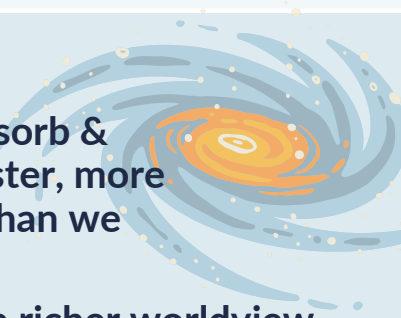
Benefit: Builds grit & drives personal growth



AWE

Compels us to absorb & accommodate a vaster, more beautiful reality than we thought possible

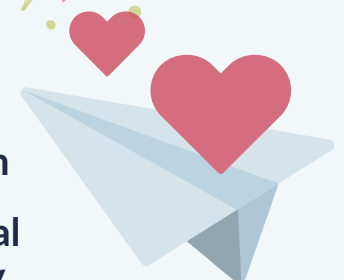
Benefit: Creates a richer worldview



LOVE

Inspires reciprocal love, care & concern

Benefit: Builds social bonds & community



Adapted from: Fredrickson, B. L. (2013). Positive emotions broaden and build. In *Advances in experimental social psychology* (Vol. 47, pp. 1-53). Academic Press.

