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
<table>
<thead>
<tr>
<th>Able</th>
<th>Aware</th>
<th>Congruent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absolved</td>
<td>Awesome</td>
<td>Connected</td>
</tr>
<tr>
<td>Abundant</td>
<td>Balanced</td>
<td>Conscious</td>
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<tr>
<td>Accelerated</td>
<td>Beautiful</td>
<td>Constant</td>
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<tr>
<td>Acceptable</td>
<td>Believing</td>
<td>Content</td>
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<tr>
<td>Accepted</td>
<td>Blessed</td>
<td>Cooperative</td>
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<tr>
<td>Accepting</td>
<td>Blissful</td>
<td>Courageous</td>
</tr>
<tr>
<td>Accomplished</td>
<td>Bonded</td>
<td>Credible</td>
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<tr>
<td>Accountable</td>
<td>Brave</td>
<td>Daring</td>
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<tr>
<td>Achieving</td>
<td>Bright</td>
<td>Decisive</td>
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<tr>
<td>Active</td>
<td>Brilliant</td>
<td>Defended</td>
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<td>Calm</td>
<td>Delighted</td>
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<td>Dependable</td>
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<td>Captivated</td>
<td>Desirable</td>
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<td>Distinguished</td>
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<td>Efficient</td>
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<td>Elated</td>
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<tr>
<td>Awake</td>
<td>Confident</td>
<td>Energized</td>
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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   Invatuated   Pacified
Gentle      Influential  Pampered
Genuine     Inspired     Pardoned
Gifted      Invited      Passionate
Glowing     Jovial       Patient
Good-natured Joyful      Peaceful
Graceful    Jubilant     Perfect
Gracious    Judicious    Persevering
Gratified   Kind         Pleasant
Grounded    Learning     Pleased
Growing     Liberated    Popular
Guarded     Light        Positive
Happy       Lighthearted Powerful
            Loose
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