

## CORE DESIRED FEELINGS

Select the positive feelings that are most important for you to feel in your life. What do you most value?

- abundant, abundance
- accepting, acceptance
- accessible
- accomplishment, accomplished
- acknowledged, acknowledgment
- adorable, adored, adoring, adoration
- adventure, adventurous, adventuresome • anticipation, anticipatory, anticipating
- affectionate, affection
- affluent, affluence
- alive, aliveness
- alluring, allure, allurement
- amazing, amazement, amazed amorous, amour • appreciation, appreciated, appreciative
- at ease
- attractive, attracted
- authentic, authenticity
- awed, awesome, in awe • balance, balanced
- beatific
- blessed, blessing
- bold, boldness
- bountiful, bounty, bounteous
- boundless, boundlessness
- brave, bravery
- bright, brightened
- brilliant, brilliance
- calm, calming, calmed
- capable
- celebration, celebratory, celebrated • centered, centering
- certain, certainty
- cheerful, cheer, cheery
- cherishing, cherished
- clear, clarity
- close, closeness
- comfortable, comfort, comforted,
- comforting
- confident, confidence, confiding
- connected, connection, connectedness • considerate

- content, contented, contentedness
- courageous, courage
- cozy, coziness
- creative, creativity, creating
- curious, curiosity
- current
- daring
- decisive, decisiveness
- delighted, delight, delightful
- desired, desire, desiring, desirous • determined, determination
- devoted, devotion
- drawn toward, drawing toward • dynamic, dynamism
- eager, eagerness
- earnest, earnestness
- easy, ease
- ebullient
- ecstatic, ecstasy
- effectual, effective, effectiveness
- elated, elation
- elegant, elegance
- embodied, embodying
- emboldened
- empowered, empowering
- enamored
- encouraged, encouraging, encouragement • energized, energy, energetic
- enjoying, enjoyed
- enlightened, enlightenment, enlightening
- enthusiasm, enthusiastic, enthused
- equanimity
- excitement, exciting, excited
- exquisite
- fabulous, fabulosity, fabulousness
- fantastic, fantasy, fantastical
- fascination, fascinating, fascinated
- feminine, femininity
- festive
- focus, focused
- fortune, fortunate
- free, freedom, freeing
- fresh, freshness, freshened
- friendly, friendship
- full, fulfilled, fulfillment, fullness

- generous, generosity
- gentle, gentleness
- genuine, genuineness
- glad, gladdening, gladdened
- glamorous, glamour
- grace, graceful, gracious, graced
- grateful, gratitude
- grounded, grounding
- guidance, guided, guiding
- happy, happiness
- harmony, harmonious, harmonic
- healthy, healing, healed, health
- held
- home, at home, homey
- hopeful, hope, hoping
- holy, holiness
- illuminated, illuminating, illumination • impassioned
- important, importance
- innovative, innovation, innovating • inquisitive
- inspired, inspiration, inspiring
- integrity, integrous, integral
- intent, intentional, intention
- interested, interest, interesting
- intrigued, intrigue, intriguing
- inspiration, inspiring, inspired
- invigorate, invigorated, invigoration • joy, joyous, joyful
- jubilant, jubilation, jubilation
- keen
- kind, kindness
- liberation, liberated, liberal
- light, lightness, lit up, lightening,
- lightened
- limitless, unlimited
- love, loving, loved, in love, lovely
- luminous, luminosity, luminescence • magic, magical
- mindful, mindfulness
- masculine, masculinity
- momentum
- natural, nature
- new, anew
- nourished, nourishing, nourishment
- nurtured, nurturing, nurturance

- one, oneness
- open, openness
- open-hearted, open-heartedness
- open-minded, open-mindedness
- optimistic, optimism, optimist
- opulent, opulence
- overjoyed
- passion, passionate
- peace, peaceful, peacefulness
- play, playful, playing
- pleasure, pleasurable, pleasurable, pleased • pleasant
- positive, positivity
- power, powerful
- prosperity, prosperous, prospering
- proud, sense of pride
- purpose, purposeful, on purpose
- quiet, quietude
- ready, readiness
- receptive, reception, receptivity,
- received, receiving
- refreshed, refreshing, refreshment
- regal, regality, regally
- relaxation, relaxed, relaxing
- reliable
- renewed, renewal
- rested, restful
- revitalized, revitalizing, revitalization
- rich, riches, richness
- righteous, righteousness
- romantic, romance, romanced
- rooted, roots, rootedness
- sacred, sacredness
- safe, safety
- satisfaction, satisfied, satisfying
- secure, security
- seen, seeing
- sensitive
- sensuous, sensual, sensitivity, sensitized, sensuality
- serene, serenity
- settled, settling
- sexy, sexual, sexiness, sexuality
- sincere, sincerity, sincereness

- spontaneous, spontaneity
- solid, solidity
- spirit, spirited, spiritual, spirituality
- strong, strength, strengthening,
- strengthened
- supportive, support, supported sure, surety • sweet, sweetness
- tenacity, tenacious
- tender, tenderness
- thankful, thankfulness, thanked
- thrilling, thrilled
- touched, touch
- treasuring, treasured, treasure
- understanding, understood
- unity, unified, unifying, unification,
- union
- unique, uniqueness
- useful, usefulness
- value, valuable, valuing • vibrant, vibrancy
- vibration, vibrating
- vivacious, vivacity
- vital, vitality, vitalizing
- vulnerable, vulnerability
- warm, warmth, warmed, warming
- wealth, wealthy
- whole, wholesome, holistic, wholeness • wonder, wondrous, wonderful