

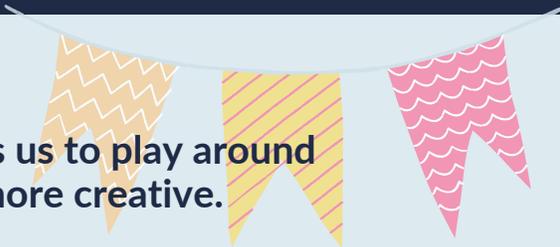
# FOCUSING ON THE GOOD

## 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.

