



**POSITIVE EMOTIONS CHART FOR WEEK OF \_\_\_\_\_**

EMOTION/EVENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>JOY</b> Joyful, glad, happy							
<b>GRATITUDE</b> Grateful, appreciative, thankful							
<b>SERENITY</b> Serene, content, peaceful							
<b>INTEREST</b> Interest, curious, alert							
<b>AWE</b> Awe, wonder, amazement							
<b>AMUSMENT</b> Amused, fun-loving, silly							
<b>LOVE</b> Love, closeness, trust							
<b>HOPE</b> Hopeful, optimistic, encouraged							
<b>PRIDE</b> Proud, confident, self-assured							
<b>INSPIRATION</b> Inspired, uplifted, elevated							