

CALM

comfortable

patient

balanced

mellow

relaxed

GRATEFUL

relieved

moved

fulfilled

nourished

DEPLETED

weak

tired

hungry

exhausted

DISAPPOINTED

heavy-hearted

discouraged

gloomy

hopeless

VULNERABLE

sensitive

fragile

insecure

defensive

WARM

affectionate

open

honoured

proud

GLAD

joyful

cheerful

exuberant

REFRESHED

invigorated

rested

restored

UNEASY

uncomfortable

hostile

TENSE

fidgety

anxious

restless

overwhelmed

DETACHED

distracted

bored

indifferent

cold

estranged

numb

GIDDY

energized

silly

lively

enthusiastic

ENTHRALLED

involved

inspired

passionate

HOPEFUL

optimistic

encouraged

HURT

heartbroken

miserable

HESITANT

torn

confused

lost

FLUSTERED

self-conscious

embarrassed

guilty

ashamed

NOSTALGIC

lonely

yearning

regretful

jealous

FLABBERGASTED

awestruck

surprised

ALERT

perplexed

intrigued

curious

eager

BRAVE

confident

capable

empowered

resilient

IRRITATED

cranky

impatient

frustrated

rattled

resentful

ALARMED

shocked

troubled

disturbed

SUSPICIOUS

worried

panicked

terrified

dreadful

FEELINGS

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ONENESS
connection
community
belonging
nature
love

WELLNESS
fresh air
clean water
nutritious food
rest
immunity

RESPONSIBILITY
contribution
cooperation
loyalty
mourning
stewardship

COMMUNICATION
consideration
recognition
commitment
compassion
empathy

AUTONOMY
space
independence
respect
freedom
dignity

MASTERY
ambition
ingenuity
adaptability
resourcefulness
resiliency

CHALLENGE
courage
risk-taking
discipline
perseverance
growth

PEACE
ease
leisure
simplicity
beauty
harmony

BALANCE
accountability
stability
functionality
generosity
order

HONESTY
transparency
humility
forgiveness
authenticity
integrity

HERITAGE
home
spirituality
wisdom
purpose
kinship

CLARITY
awareness
meaning
trust
hope
vision

PLAY
spontaneity
movement
adventure
humour
celebration

CONFIDENCE
pride
leadership
success
excellence
legacy

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