



WELL-BEING WEEK IN LAW

POSITIVE EMOTIONS WORKSHEET

PICK & PRACTICE POSITIVE EMOTIONS

This activity invites you (alone or with others) to practice 10 different positive emotions. This [practice can](#) increase the experience of meaning, pleasure, engagement and life satisfaction and curb depressive symptoms.

DIRECTIONS

Each week, pick one of the 10 positive emotions listed below. You also can use the Positive Emotion Deck template below to create a deck of emotions from which to randomly choose.

Amusement

A feeling of lighthearted pleasure and enjoyment, often accompanied by smiles and easy laughter.

Awe

An emotion that is evoked when you witness something grand, spectacular, or breathtaking, sparking a sense of overwhelming appreciation.

Gratitude

A feeling of thankfulness for something specific or simply all-encompassing; often accompanied by humility and even reverence.

Hope

Feeling of optimism and anticipation about a positive future.

Inspiration

Feeling engaged, uplifted, and motivated by something you witnessed.

Interest

Feeling of curiosity or fascination that demands and captures your attention.

Joy

A sense of elation, happiness, or exhilaration, often experienced as a sudden spike due to something good happening.

Love

A feeling of deep and enduring affection for someone, along with a willingness to put their needs ahead of your own; it can be directed towards an individual, a group of people, or even all humanity.

Serenity

Calm and peaceful feeling of acceptance of oneself.

Pride

A sense of approval of oneself and pleasure in an achievement, skill, or personal attribute.

HOW TO PRACTICE

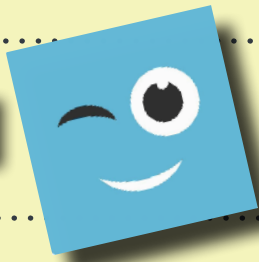
When you start each emotion, think about situations, people, and things that trigger that emotion for you. Then, make a plan about how you'll cultivate it.

After practicing each emotion (and before moving on to the next one), reflect on your experience and write about it—e.g., what you did, how you felt, and what other people accompanied you during your experiences. This step will help structure your thoughts and derive meaning from the activity.

BENEFITS OF EMOTION VOCABULARY





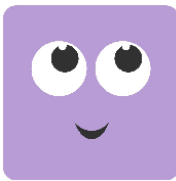




This activity can be a fun way to launch a broader effort to expand your family's emotion vocabulary. It may sound weird, but labeling our negative emotions (e.g., "This feeling I'm experiencing is anxiety") and being able to differentiate between them (e.g., "This feeling is anxiety, not anger or sadness") contributes to well-being ([Kalokerinos et al., 2019](#)), including down-regulating our physiological stress response ([Lieberman, 2011](#)). This effect may explain the [Guatemalan tradition](#) of whispering troubles to a "worry doll" (or more modern "[Worry Eaters](#)") at night to take worries away.

Deepening our emotional vocabulary (called "emotional granularity") may improve our ability to regulate our emotions and boost well-being ([Barrett, 2017](#)). The same applies to positive emotions: Expanding our positive emotional vocabulary may enrich our experience and enhance well-being ([Lomas, 2016](#)).



POSITIVE EMOTIONS DECK



<p>Amusement A feeling of lighthearted pleasure and enjoyment.</p> 	<p>Awe A sense of overwhelming appreciation.</p> 	<p>Gratitude A feeling of thankfulness.</p> 
<p>Hope Feeling of optimism and anticipation about a positive future.</p> 	<p>Inspiration Feeling engaged, uplifted, and motivated by something.</p> 	<p>Interest Feeling of curiosity or fascination that captures your attention.</p> 
<p>Joy A sense of elation or happiness.</p> 	<p>Love A feeling of deep, enduring affection for someone.</p> 	<p>Serenity Calm and peaceful feeling of acceptance of oneself.</p> 
<p>Pride A sense of approval of oneself and pleasure in an achievement.</p> 