BIG Feelings

Defining Happiness

Peaceful
A calm and serene state free from stress or worry

Hopeful
Feeling a sense of expectation and desire for positive things to happen

Content
A state of being at ease and accepting of one's circumstances, even if they aren't perfect

Satisfied
A feeling of fulfillment or gratification from having one's needs or desires met

Confident
Having trust in one's abilities or a positive outcome

Optimistic
Believing that positive outcomes are likely in the future

HAPPINESS

A feeling of contentment, joy, or fulfillment that brings positive energy and satisfaction with life

Enthusiastic
Feeling eager and passionately interested in something

Loved
A profound feeling of care and connection with someone or something

Pleased
A feeling of mild happiness or satisfaction about something good

Energized
Feeling full of vitality, motivation, or physical and emotional energy

Excited
A heightened sense of anticipation or joy about something that's happening or going to happen

Amused
Finding something entertaining, funny, or lightheartedly enjoyable

Sentimental
Feeling emotionally attached to meaningful memories or objects

Intimate
A feeling of deep closeness, vulnerability, or connection with another person

Delighted
Intense joy or pleasure, often sparked by something unexpected or special

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