

Spirited Living- Sarah Williamson

Feelings when your needs are satisfied

AFFECTIONATE

compassionate

friendly

loving

open hearted

sympathetic

tender

warm

ENGAGED

absorbed

alert

curious

engrossed

enchanted

entranced

fascinated

interested

intrigued

involved

spellbound

stimulated

HOPEFUL

expectant

encouraged

optimistic

CONFIDENT

empowered

open

proud

safe

secure

EXCITED

amazed

animated

ardent

aroused

astonished

dazzled

eager

energetic

enthusiastic

giddy

invigorated

lively

passionate

surprised

vibrant

GRATEFUL

appreciative

moved

thankful

touched

INSPIRED

amazed

awed

wonder

JOYFUL

amused

delighted

glad

happy

jubilant

pleased

tickled

EXHILARATED

blissful

ecstatic

elated

enthralled

exuberant

radiant

rapturous

thrilled

PEACEFUL

calm

clear headed

comfortable

centered

content

equanimous

fulfilled

mellow

quiet

relaxed

relieved

satisfied

serene

still

tranquil

trusting

REFRESHED

enlivened

rejuvenated

renewed

rested

restored

revived