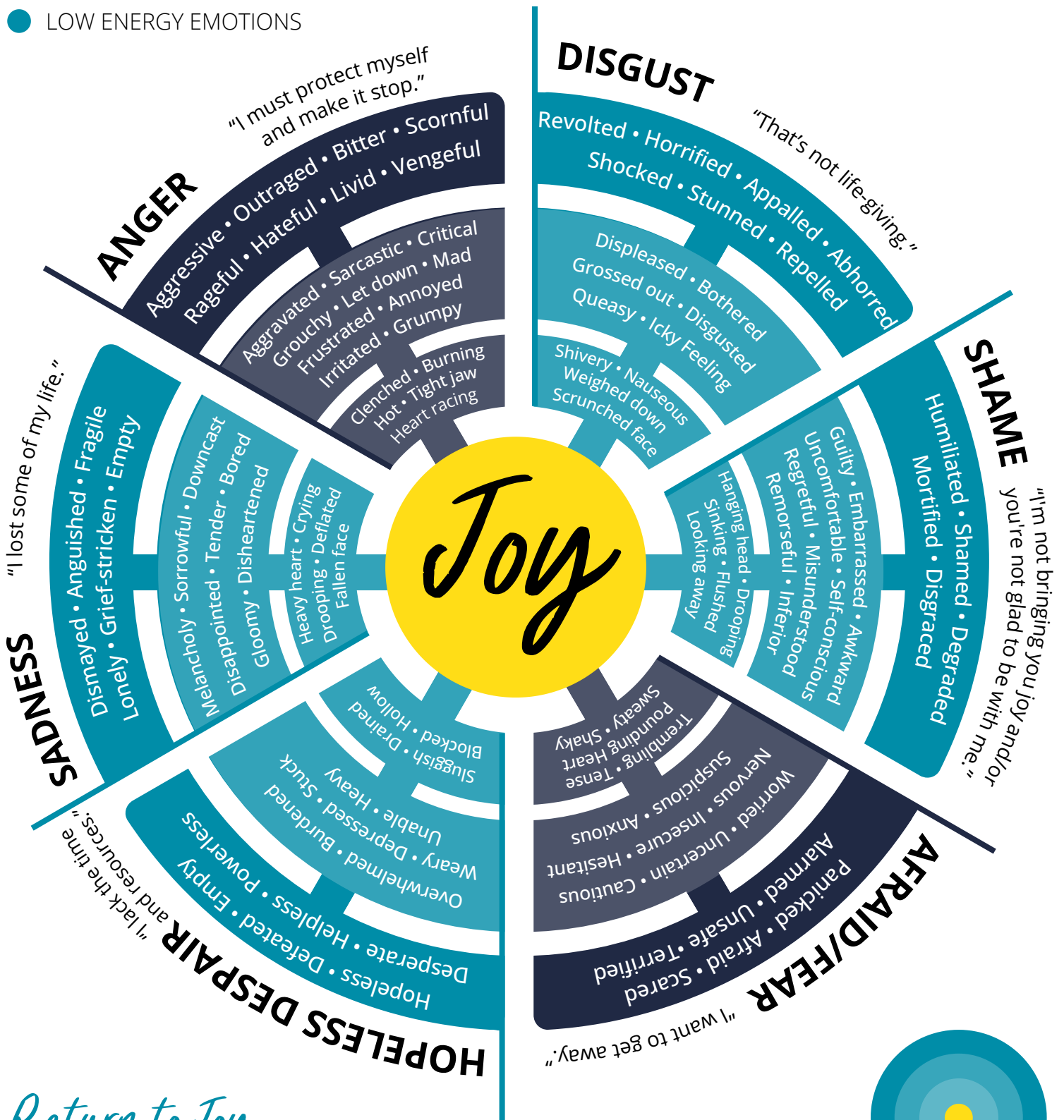


THRIVEtoday Emotions Wheel

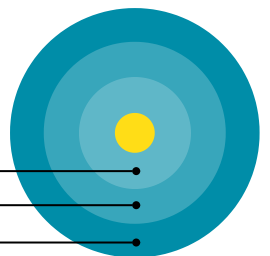
- HIGH ENERGY EMOTIONS
- LOW ENERGY EMOTIONS



Return to Joy

FROM THE BIG 6 EMOTIONS
AS DESCRIBED IN THE LIFE MODEL

BODY SENSATIONS
MILD EMOTION WORDS
INTENSE EMOTION WORDS



Rhythms of Joy & Peace

We are designed to live in a rhythm of joy and peace. When the Big 6 Emotions bring disruption, use the *Return to Joy* skill to restore your rhythm.

Joy

Peace

BODY SENSATIONS

- Smiling face
- Energized
- Bright face
- Body warmth
- Uplifted heart
- Awakened senses
- Bubbly
- Eyes lit up
- Electrified
- Buoyant

- Soft hands/jaw
- Relaxed body
- Lightness in body
- Relaxed shoulders
- Slowed thoughts
- Calm breathing
- Cozy

EMOTION WORDS

- Joyful
- Satisfied
- Pleased
- Anticipating
- Cheerful
- Excited
- Amused
- Elated
- Connected
- Caring
- Delighted
- Hopeful
- Interested
- Playful
- Curious
- Inquisitive
- Accepted
- Giddy
- Uplifted
- Optimistic

- Calm
- Settled
- Relieved
- Tranquil
- Stable
- Quieted
- Rested
- Soothed
- Untroubled
- Still
- Unworried
- Content
- Relaxed
- Serene
- Thoughtful
- Trusting
- Satisfied
- Peaceful

Find more about *Return to Joy*, and discover next steps to grow your skills:
www.thrivetoday.org/skill11 or email: info@thrivetoday.org

These concepts are based on the Life Model: www.lifemodelworks.org

