

# *Desired* Feelings

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## **Inspired**

To feel driven.

## **Helpful**

To feel willing to assist.

## **Optimistic**

To feel the possibilities.

## **Involved**

To feel belonging.

## **Appreciated**

To feel positively recognized.

## **Easy Going**

To feel relaxed, tolerant.

## **Energized**

To feel vitality.

## **Supported**

To feel assistance is easily available.

## **Welcome**

To feel comfortable.

## **Secure**

To feel safe/stable.

## **Free**

To feel self-determined.

## **Joy**

To feel happiness.

## **Equal**

To feel valued.

## **Encouraged**

To feel stimulated.

## **Open**

To feel free to act.

## **Playful**

To feel creative, wonderful.

## **Proud**

To feel connected to accomplishment.

## **Rebellious**

To feel able to question the status-quo.

## **Restless**

To feel unable to settle or rest.

## **Spontaneous**

To feel free to act without calculation.

## **Uncomfortable**

To feel unease.

## **Understanding**

To feel sympathetic comprehension.

## **Empathetic**

To feel the emotion(s) another feels.

## **Confident**

To feel self-assured.

## **Open-Minded**

To feel accepting.

## **Connected**

To feel associated or related.

## **Care**

To feel attentive, or attended to.

## **At Ease**

To feel content.

## **Carefree**

To feel free from anxiety.

## **Brave**

To feel able to conquer fear.

**INSTRUCTIONS:** CIRCLE the emotions that are IMPORTANT for you to feel at work.  
UNDERLINE the emotions that the success of your work depends on you feeling, leave the rest untouched.

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## **Compassion**

To feel concern towards another.

## **Attentive**

To feel able to focus.

## **Curious**

To feel inquisitive.

## **Unique**

To feel special/distinctive/rare.

## **Delighted**

To feel surprise pleasure.

## **Daring**

To feel able to take a risk.

## **Fun-Loving**

To feel lively.

## **Other Feeling**

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*(Please add more feelings as needed and continue with the Instructions at the bottom of this page).*

## **Grateful**

To feel appreciative.

## **Humble**

To feel humility.

## **Kind**

To feel considerate of others/self.

## **Lighthearted**

To feel cheerful.

## **Courageous**

To feel undeterred by danger/failure.

## **Love**

To feel deep affection.

## **Non-Judgmental**

To be free of assumptions/expectations.

## **Other Feeling**

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