

# Ten Emotions that Expand your Resourcefulness

The more you look, the more you see.

## Joy

This emotion emerges when one's current circumstances present unexpected good fortune (i.e.: receiving good news or getting an invitation to connect)



## Gratitude

Emerges when people acknowledge another person or entity as the source of their good fortune. I would argue that it also emerges when you acknowledge your own past efforts as the source of your current good fortune.

## Serenity or contentment

Emerge when you interpret your current situation as right or satisfying (i.e.: feeling comfortable or at ease with the situation you are currently in)



## Interest

Arises when you feel safe while intrigued by something new or unusual (i.e.: encountering something mysterious or challenging but not overwhelming)

## Hope

Unlike "interest" which arises while feeling a sense of safety, hope arises when there's a sense of fear coupled with a yearning for a positive outcome. Hope is powerful because it urges you to draw on your creativity to turn things around.



## Pride

When you take credit for an outcome that is valued by society. The more pride you feel, the more you can imagine bigger and bigger accomplishments.

## Amusement

Emerges when you see the humour in an unexpected situation (i.e.: a harmless error or mistake)



## Inspiration

Arises when you witness some form of human excellence (i.e.: you notice someone doing a good deed, or performing at an impressive level). Feeling inspired urges you to improve your own performance.

## Awe

Emerges when you are overwhelmed by something beautiful, powerful or larger than life.



## Love

Emerges when you feel any of the above emotions in the context of a safe relationship with another being. This is the positive emotion that people feel most frequently.

