

EMPOWERING EMOTION LIST

This list is brought to you by [Chris Cade](#) and [Christopher Westra](#).

This list is best used to help expand your awareness of the emotions you feel in this life. As you learn to name your emotions, you grow and become empowered to create the emotions you desire!

For example, you increase your power by feeling dynamic rather than fine, energetic rather than OK, and sensational rather than simply good.

Or, if you wanted to increase your health then you might use words like "well" "healthy" and "invigorated." Really, you can apply this to just about anything you want in life.

This list was especially designed for use with Christopher Westra's [Holographic Creation Process](#) and the HoloCreation Sheet, but you will find many other ways to use it also. Be sure to turn on your speakers before you visit the link above, because there's a brief, but very inspiring and powerful movie about creating your reality using the [Holographic Creation Process](#).

Tens of thousands of people have used this list for a variety of purposes, and now it's your turn to start choosing your reality. Speaking of choosing reality, you know how it's easier to do make powerful changes in your life when you have a partner?

Well, if you'd like to have more partners in your own personal empowerment process then be sure to pass this list on to anyone you like -



just make sure to leave the entire document intact so they don't miss anything important.

There's so many ways to share this list, whether you attach it to an email, post it on your website or blog, email it to your mailing list, or use the links below to share it on social media:

[Facebook](#) | [Twitter](#) | [pinterest](#) | [Tumblr](#)

Your partners in personal growth,

Chris and Christopher

P.S. If you want to REALLY learn how to use the power of words to your advantage, [click here](#).



Able	Aware	Congruent
Absolved	Awesome	Connected
<u>Abundant</u>	Balanced	<u>Conscious</u>
Accelerated	Beautiful	Constant
Acceptable	Believing	Content
Accepted	Blessed	Cooperative
Accepting	Blissful	Courageous
Accomplished	Bonded	Credible
Accountable	Brave	Daring
Achieving	Bright	Decisive
Active	Brilliant	Delighted
Adaptable	<u>Calm</u>	Dependable
Adequate	Capable	Desirable
Admirable	Captivated	Dignified
Admired	Cared For	Discerning
Adored	Careful	Disciplined
Affluent	Caring	Distinguished
Agreeable	Cautious	Dutiful
Agreeable	Centered	Dynamic
Alert	Certain	Eager
Ambitious	Cheerful	Easy-going
Amenable	Cherished	Ecstatic
Amused	Clean	Edified
Appreciated	Clear	Efficient
Approving	Collected	Elated
Assertive	Comfortable	Elegant
Assured	Comforted	Elevated
At ease	Committed	Emancipated
Attached	Compassionate	Empowered
Attentive	Complete	Encouraged
Attractive	Composed	Energetic

Authentic
Awake

Comprehending
Confident

Energized
Excellent

Enthusiastic	Harmonious	Lighthearted
Euphoric	Healed	Loose
Exceptional	Healthy	Loved
Excited	Helpful	Loyal
Exhilarated	Heroic	Lucky
Experienced	High	Magnetic
Expressive	Honest	Marvelous
Exuberant	Honorable	Masterful
Faith	Honored	Mature
Fantastic	Hopeful	Meek
Favored	Humble	Merciful
Firm	Humorous	Methodical
Flexible	Important	Mindful
Flowing	In control	Modest
Focused	Included	Motivated
Forceful	Independent	Neat
Forgiven	Infatuated	Noble
Fortified	Influential	Non-judgmental
Fortunate	Ingenious	Observant
Free	Innocent	Omnipotent
Friendly	Inspired	Open
Fulfilled	Intelligent	Open Hearted
Gentle	Interested	Optimistic
Genuine	Invigorated	Organized
Gifted	Invincible	Outgoing
Glowing	Invited	Pacified
Good-natured	Jovial	Pampered
Graceful	Joyful	Pardoned
Gracious	Jubilant	Passionate
Gratified	Judicious	Patient
Grounded	Kind	Peaceful

Growing
Guarded
[Happy](#)

Learning
Liberated
Light

Perfect
Persevering
Pleasant

Pleased	Resolute	Tenacious
Popular	Respected	Tender
Positive	Respectful	<u>Thankful</u>
Powerful	Responsive	Thoughtful
Praised	Restored	Thrilled
Precious	Revitalized	Tolerant
Prepared	Rewarded	Tranquil
Present	Rooted	Triumphant
Productive	Satisfied	Trust
Proficient	Secure	Trusting
Progressive	Selfless	Unbiased
Prosperous	Self Reliant	Understanding
Protected	Sensational	Understood
Prudent	Sensible	Undisturbed
Punctual	Sensitive	Unhurried
Purified	Serene	Unique
Purposeful	Settled	United
Qualified	<u>Sharing</u>	Unselfish
Quick	Simple	Upheld
Radiant	Skillful	Valiant
Rational	Smooth	Valuable
Reasonable	Soothed	Valued
Reassured	Spirited	Virile
Receptive	Splendid	Vital
Recognized	Stable	Warm
Redeemed	Steadfast	Well
Regenerated	Strengthened	<u>Wealthy</u>
Relaxed	Strong	Willing
Release	Successful	Wise
Reliable	Supported	Wonderful
Relief	Sustained	Worthwhile

Relieved
Remembered
Replenished

Tactful
Teachable
Temperate

Worthy
Yielding
Zealous