

Positive Emotions in Spirituality

Which of these positive emotions have meaning in your life?

Which of them are strengths that you have?

How are these positive emotions affected by your spirituality?

▫ Hope

▫ Faith

▫ Love

▫ Courage

▫ Patience

▫ Endurance

Positive Emotions in Spirituality

- Identity
- Purpose
- Contentment or inner peace
- Reassurance
- Wholeness
- Transcendence or divine existence