

Build An Emotions Portfolio

We all have the power to reshape our lives for the better, writes Barbara Fredrickson in *Positivity: Groundbreaking Research To Release Your Inner Optimist And Thrive* (Fredrickson, 2010).

The magic ingredient is *positivity*. It grows as we experience positive emotions such as gratitude, joy, interest, and inspiration.

Increasing positivity over time will reshape your life by changing how you view yourself while promoting self-confidence.

Fredrickson suggests building a portfolio for positive emotions:

- In the open spaces provided, write notes for positive emotions (joy, gratitude, serenity, interest, hope, pride, inspiration, awe, love, etc.) based on memories, images, and even songs that come to mind.
- Ask yourself a series of questions to prompt your thinking:

Hope

When have you felt full of optimism and hope?

When have you feared the worst but still believed something good would happen?

When have you found an inventive way to try and create a better future?

Awe

When have you felt the intensity of awe for your surroundings?

When have you felt overwhelmed by beauty and greatness?

When have you felt that you are part of something much larger?

Joy

When have you felt utter joy?

When has everything been at its very best?

When have you felt that warm glow of complete happiness?

Gratitude

When have you felt most grateful for someone or something?

What do you treasure most in life?

When do you feel most like giving back?

Serenity

When have you felt most at peace?

When do you feel most relaxed?

When do you feel like savoring the moment and the experience?

Inspiration

When are you most inspired?

When did you most experience excellence?

When did you most experience the urge to do your best and reach the next level?

Keep the portfolios up to date and create additional ones for other emotions that are important to you.

Engage with them at regular intervals to think “more expansively and compassionately” (Fredrickson, 2010).

Reference

- Fredrickson, B. (2010). *Positivity: Groundbreaking research reveals how to release your inner optimist and thrive*. Richmond: Oneworld.

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