

**Affirmation:** Enjoying the positive rewards for motivated efforts to achieve inspired dreams and goals, regardless of potential challenges or setbacks. Rewards may include the achievement of goals, positive testimonies from those you serve, and new positive connections, relationships, and experiences.

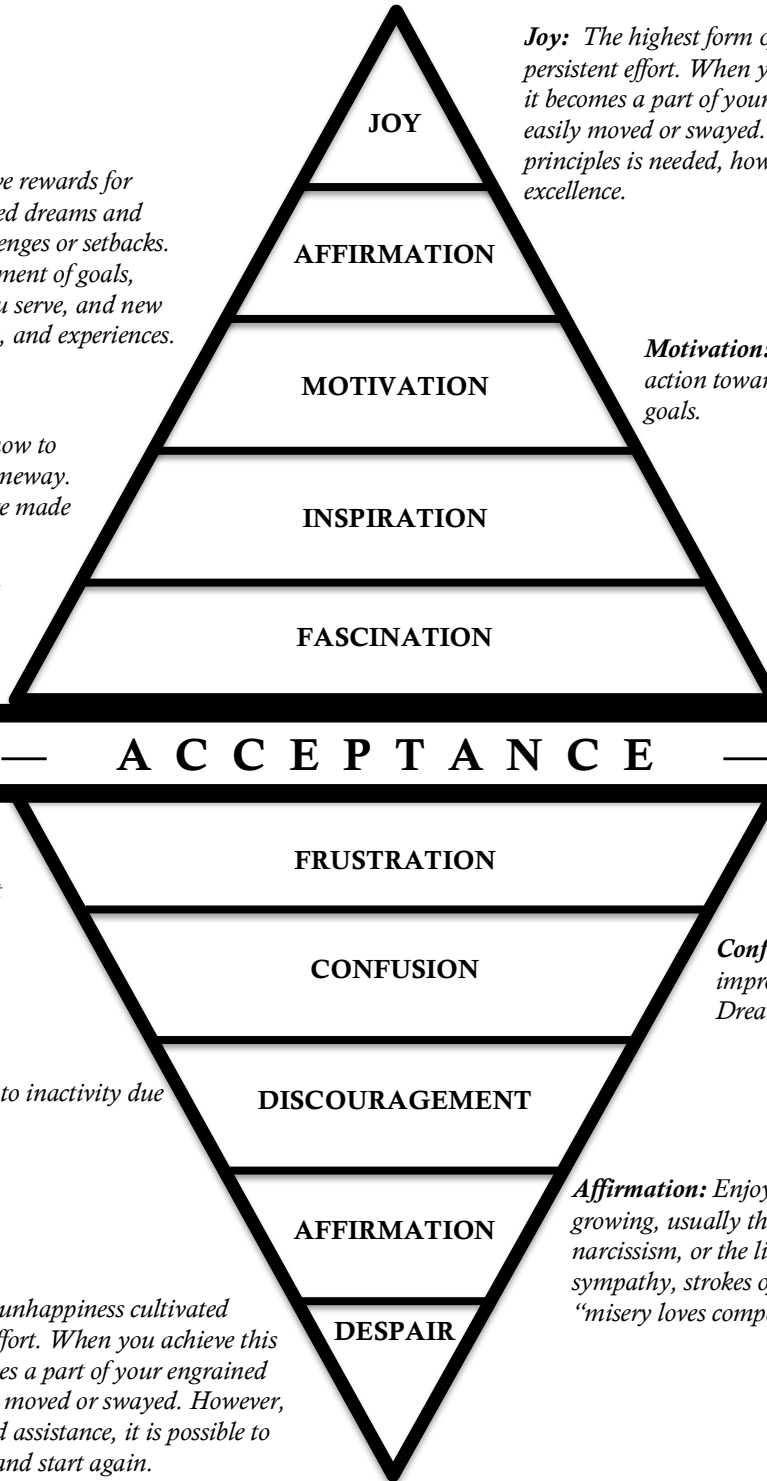
**Inspiration:** Having an idea for how to improve life's circumstances in someway. Empowering dreams and goals are made here.

**Acceptance:** Acknowledging that there are many things that lie outside of your control. This sets the foundation for Happiness.

**Frustration:** A wishful-thinking practice that desires improved circumstances but with no interest in exerting any effort.

**Discouragement:** Persuaded into inactivity due to frustration and confusion.

**Despair:** The lowest form of unhappiness cultivated through a persistent lack of effort. When you achieve this level of unhappiness it becomes a part of your engrained character, and it is not easily moved or swayed. However, with sincere desire, effort, and assistance, it is possible to climb back up to acceptance and start again.



**Joy:** The highest form of Happiness cultivated through persistent effort. When you achieve this level of Happiness it becomes a part of your engrained character, and it is not easily moved or swayed. Continual practice of positivity principles is needed, however, to maintain a life of excellence.

**Motivation:** Encouraged to jump into consistent action towards achieving inspired dreams and goals.

**Fascination:** A hopeful-thinking practice with an engaging curiosity about the events and opportunities around you.

**Confusion:** Having no idea of a how to improve life's circumstances in anyway. Dreams and goals are lost here.

**Affirmation:** Enjoying the negative rewards for not growing, usually through a victim mentality, narcissism, or the like. Rewards may include sympathy, strokes of ego, or the companionship of "misery loves company."