

**The 100 Essential Qualities of a Good Life**

**Life**

- Gratefulness
- Awareness
- Beauty
- Joy
- Integrity
- Fairness
- Civility
- Responsibility
- Peace
- Consideration
- Balance
- Unity
- Independence
- Freedom
- Strength
- Privacy
- Health
- Sustenance
- Rejuvenation
- Comfort
- Stimulation
- Diversion
- Aliveness
- Exploration
- Reliability
- Predictability
- Commitment
- Stability
- Awareness
- Learning
- Competence
- Knowledge
- Empathy
- Inclusion
- Intimacy
- Connection
- Uniqueness
- Inspiration
- Expression
- Significance
- Success
- Respect
- Recognition
- Value
- Contribution
- Community
- Cooperation
- Care
- Mutuality
- Worth
- Authenticity
- Love
- Capability
- Trust
- Fulfillment
- Well-Being
- Harmony
- Wholeness

**Mutuality**

- Generosity
- To Matter
- Affirmation
- Gratitude
- Appreciation
- Admiration
- Acknowledgment
- Achievement
- Accomplishment
- Purpose
- Meaning
- Creativity
- Originality
- Congruence
- Genuineness
- To Be Known
- To Be Understood
- Communion
- Fellowship
- Affection
- Closeness
- Acceptance
- Belonging
- Understanding
- Compassion
- To Know
- Confidence
- Proficiency
- Growth
- Wisdom
- Clarity
- Safety
- Security
- Fidelity
- Assurance
- Order
- Dependability
- Consistency
- Loyalty
- Adventure
- Excitement
- Experience
- Pleasure
- Fun & Play
- Spontaneity
- Challenge
- Protection
- Relief
- Healing
- Rest-Relaxation
- Nourishment
- Energy
- Vitality
- Space
- Solitude
- Courage
- Leadership
- Liberty
- Choice
- Control
- Self-Determination
- Consensus
- Accord
- Ease
- Equanimity
- Warmth
- Kindness
- Tranquility
- Serenity
- Accountability
- Courteousness
- Politeness
- Equality
- Justice
- Truthfulness
- Honesty
- Humor
- Celebration
- Aesthetics
- Appreciation
- Presence
- Consciousness
- Mourning
- Remembrance
- Hospitality
- Nurturance
- Help
- Support
- Service
- Fellowship
- Giving

**Worth**

**Authenticity**

**Love**

**Capability**

**Trust**

**Fulfillment**

**Well-Being**

**Harmony**

**Wholeness**

Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication.  
Graphics and organization of feelings, needs, and communications wheels by Bret Stein. Submit suggested changes and recommendations to [artisanf@hotmail.com](mailto:artisanf@hotmail.com) Revised 1/1/09



## FEELINGS

### PEACEFUL

absorbed  
blissful  
calm  
content  
engrossed  
expansive  
serene  
spacious  
tranquil

### GLAD

confident  
delighted  
encouraged  
excited  
grateful  
happy  
hopeful  
inspired  
joyful  
relieved  
satisfied

### PLAYFUL

alive  
effervescent  
energetic  
exuberant  
impish  
invigorated  
refreshed  
stimulated  
zestful

### LOVING

affectionate  
appreciative  
compassionate  
friendly  
nurtured/nurturing  
sensitive  
tender  
warm  
sweet

### MAD

aggravated  
agitated  
angry  
annoyed  
bitter  
enraged  
exasperated  
frustrated  
furious  
hostile  
irritated  
miffed

### TIRED

exhausted  
fatigued  
fidgety  
indifferent  
lethargic  
listless  
overwhelmed  
weary

### CONFUSED

apathetic  
embarrassed  
hesitant  
perplexed  
torn  
troubled  
uncomfortable  
uneasy  
withdrawn

### SCARED

afraid  
anxious  
fearful  
horrified  
jittery  
nervous  
panicky  
shocked  
startled  
terrified  
worried

### SAD

despair  
despondent  
discouraged  
distressed  
gloomy  
grief  
heavy  
hopeless  
hurt  
lonely  
pessimistic  
troubled  
vulnerable