**Positive Emotions Exercise**

**Being intentional and noticing positive emotions. Recognize they are occurring even while grieving.**

**Where?**  **When?**

**Curiosity:**

**Pride:**

**Awe:**

**Hope:**

**Inspiration:**

**Gratitude:**

**Serenity:**

**Humor:**

**Love:**

**From *Resilient Grieving*, Lucy Hone, PhD**