Secret 8 - Positive emotions - a way to be more creative

Life is full of emotions, and we all go through emotions at any given second. But do you know what you experience at this second could determine what you will be 30 years from now on?

Let us first understand what emotion is. It is generally defined as ***a feeling derived from one's circumstance, mood or relationship with others***. We all go through a big list of emotions daily that includes positive and negative emotions.

Emotions, directly and indirectly, decide whether you had a good or bad day. These days then decide your week, month and years. Because we run through the day, we generally do not go deeper to understand what is causing the emotions, how to influence them, and, most importantly, what other things we are missing.

Emotions are wide-ranging and happen throughout the day. Unless the emotion is strong, we do not generally remember them.

Emotional Quotient or Emotional Intelligence (EQ) is considered more important than Intelligence Quotient (IQ) these days. Daniel Goleman has contributed significantly in this area. A person can identify, evaluate, control and express emotions.

The checklist below will help you to understand specific emotions in different areas.

**Related to Objects and Things**

* Positive Emotions – Interest, Curiosity, Enthusiasm, Attraction, Desire, Admiration, Surprise, Amusement, etc.
* Negative Emotions – Indifference, Habituation, Boredom, Aversion, Disgust, Revulsion, Alarm, Panic, etc.

**How to View Your Future**

* Positive Emotions – Hope, Excitement, etc.
* Negative Emotions – Fear, Anxiety, Dread, etc.

**Your Experiences, Events and Memories**

* Positive Emotions – Gratitude, Thankfulness, Joy, Elation, Triumph, Jubilation, Patience, Contentment, etc.
* Negative Emotions – Anger, Rage, Sorrow, Grief, Frustration, Disappointment, Discontentment, Restlessness, etc.

**How You View Yourself**

* Positive Emotions – Humility, Modesty, etc.
* Negative Emotions – Pride, Arrogance, etc.

**Your Connection with the World and People**

* Positive Emotions – Charity, Sympathy, etc.
* Negative Emotions – Avarice, Greed, Miserliness, Envy, Jealousy, Cruelty, etc.

If we look at our lives and create a pie chart, most of us end up having experienced high negative emotions as against positive emotions. Based on my conversations with many people, I frequently get a ratio of 60:40 or 50:50 and, in some cases, even 20:80 Positive: Negative emotions.

It is good to understand a few basics of positive and negative emotions.

Positive emotions do not last long and seldom create a loop. Also, it takes conscious effort to create and sustain them as we are in a world where the negative gets more attention than the positive. Emotional mastery needs our awareness and intentional effort. Though this seems difficult to start with, it is effortless if we start becoming aware and take small actions. There are many secrets in this book that, if followed, will help create more positive emotions in your life.

On the other hand, negative emotions create a loop, thereby increasing the negative emotions and also enduring for a more extended period. No doubt, we have a big list of diseases that are created by ourselves that are avoidable.

What is positive or negative also depends on the context. Feeling generally anxious is negative, whereas feeling that way when you are starting your business is good for you as it will help you to be cautious and prevent you from being overconfident.

What is the impact of this in our life, goals, relationships, finance, health and many other important aspects of life?

When we experience negative emotions, fewer options are visible to us, we are unresourceful, and creativity takes the backseat. Go back and think about the negative emotional memories and recall how you felt physically and emotionally. On the other hand, positive emotions open up options, make you creative and arm you with a lot of resources to take on any challenge.

When we can create negative emotions at will though we are not designed for it, we must feel obligated to create and experience more positive emotions.

It does not mean that negative emotions are not right. We can never experience only positive emotions. Accepting negative emotions as part of life is an effective stress reliever for most of us. What it means is that we should be able to change your emotional state into a positive one sooner than later. This way, you will have control over life than rather than life circumstances controlling you.

 **Reflections**

1. List all the positive and negative emotions that you experienced yesterday and last week. If the intensity of the emotion is high, multiply it by 2 or 3 or 4 as you find comfortable (a rough guess is fine as you are the best judge of that particular emotion and the impact it had on you on that day and last week).
2. Divide Total Positive Emotions/Total Negative Emotions. The result is your Positive to Negative Ratio.
3. Anything above three is excellent and also indicates that you are more likely to bounce back from setbacks and achieve goals. A lower score would mean you are stuck and stressed out by tasks and life.
4. Now that you know the importance of emotions and the impact it has on your life, our objective is to increase positive emotions and reduce negative emotions (so that the ratio goes up).
5. What is the one thing you can do differently for each emotion listed in your list so that you experience more positive emotions and less negative emotions?

 **Self-Evaluation**

Please select what resonates with you after reading the chapter and reflecting on the questions. Evaluation is just for you, and nobody is going to look at this. So be honest in your evaluation:

1. I am not aware of my emotional state, positive and negative.
2. I am aware of my emotional state and work on it to increase the ratio to > 3.
3. Mostly, my emotional state is > 3.

 **Small Actions**

1. Say "Hello" to a stranger.
2. Help someone in need.
3. Help your spouse with their work— it could be anything.
4. Just smile.
5. Think of a great old memory that you want to experience again in your life.
6. Write a **Thank You** note for somebody who supports you daily (could be your maid, cook or driver).
7. Observe negative thoughts and try thinking about the happiest moment in your life during that time.
8. Breathe deeply three times.
9. Journal your positive emotions and its event daily if possible. Generally, we forget positive occurrences but remember negative ones. This journal will help you reflect what went well and who knows, might help create a better day and future.