Acceptance *(noun)* A feeling that you are received and embraced as a part of a group or community.

Anxiety *(noun)* A feeling of worry or nervousness about a future event or something that is uncertain at the time.

Awe *(noun)* A feeling of deep respect mixed with wonder.

Awesome *(adjective)* Inspiring deep respect, appreciation, fear, or wonder.

Believe *(verb)* To accept something as true. To have faith in the dependability of something or someone.

Commitment *(noun)* A feeling of dedication or obligation to a cause, activity, person, group, or community.

Distraction *(noun)* A feeling that prevents someone from giving full attention to something.

Empowerment *(noun)* The process of becoming stronger and more confident, especially in controlling one’s life and claiming one’s rights.
Encouragement *(noun)* A feeling of support, confidence, or hope.

Enthusiasm *(noun)* An energized feeling of enjoyment and interest.

Fear *(noun)* An uncomfortable feeling caused by a belief that danger is likely to cause physical or emotional pain.

GREAT Goal *(noun)* The object of a person’s effort and focus created using a specific planning system. GREAT goals have 5 parts. The goal’s name; the reason for the goal; the efforts required; your accountability partners; and time for success.

Grit *(noun)* A mixture of passion and perseverance for long-term goals.

Heal *(noun)* 1. To become healthy again. 2. To correct a wrong.

Interest *(noun)* A feeling of wanting to know or learn about something.

Involvement *(noun)* A feeling of being a part of or participating in an activity, group, or community.

Joy *(noun)* A feeling of content happiness.
Kindness (noun) A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

Motivation (noun) A feeling of wanting to know or learn about something.

Optimism (noun) A feeling of hopefulness and confidence about the future or the success of something.

Positive (adjective) Having constructive or optimistic characteristics.

Potential (noun) The ability to become or develop into something in the future.

Preparation (noun) The process of getting ready for an event.

Purpose (noun) 1. The reason that something is done or has been created. 2. A person’s feeling of determination.

Purposeful Practice (noun) Repeated exercises or actions that are focused on building a specific skill or content knowledge.

Relaxation (noun) A restful state that is free from tension and anxiety.
Support (verb) 1. To give help. 2. To be actively interested in the success of a person, group, or community.

Surprise (noun) An immediate feeling of mild shock caused by something unexpected.

Trust (noun) A feeling that you can rely on or believe something or someone.

Truth (noun) The quality of being factual and real.

Unique (adjective) 1. Being the only one of its kind; unlike anything else. 2. Remarkable, special, or unusual.
Acceptance

(noun)

A feeling that you are received and embraced as a part of a group or community.

I felt the acceptance of my teammates after the first day of practice.
Anxiety
(noun)

A feeling of worry or nervousness about a future event or something that is uncertain at the time.

I don’t like the anxiety that I feel when I’m not prepared for a quiz.
Awe

(noun)

A feeling of deep respect mixed with wonder.

I felt a sense of awe as I watched the thunderstorm roll through my neighborhood.
Awesome
(adjective)

Inspiring deep respect, appreciation, or wonder.

The band concert was an awesome experience. I felt a deep appreciation for the talent and dedication of the musicians.
Believe

(verb)

To accept something as true. To have faith in the dependability of something or someone.

I believe that most people in my community are kind and that they care about the well-being of students.
Commitment
(noun)

A feeling of dedication or obligation to a cause, activity, person, group, or community.

My commitment to academic success can be seen in my focus and hard work.
Distraction

(noun)

A feeling that prevents someone from giving full attention to something.

I know my phone is a cause of distraction for me, so I turn off my notifications while I’m studying.
Empowerment

(noun)

The process of becoming stronger and more confident, especially in controlling one’s life and claiming one’s rights.

Mr. Hart is teaching us that empowerment is important because every student can work to make our school community a stronger and more positive place to live.
Encouragement (noun)

A feeling of support, confidence, or hope.

I felt encouragement from my teacher, which helped me stay motivated and focused on doing my very best.
Enthusiasm
(noun)

An energized feeling of enjoyment and interest.

Everyone can see my enthusiasm for art because of the time and focus I give to my artwork.
Fear
(noun)

An uncomfortable feeling caused by a belief that danger is likely to cause physical or emotional pain.

My fear of public speaking makes it challenging to do class presentations.
GREAT Goal

*(noun)*

The object of a person’s effort and focus created using a specific planning system.

GREAT goals have 5 parts —
(1) the goal’s name; (2) the reason for the goal; (3) the efforts required; (4) your accountability partners; and (5) time for success.
Grit
(noun)

A mixture of passion and perseverance for long-term goals.

Learning from home is a challenge, but my grit helps me stay focused and determined to do the best I can.
Heal (noun)

1. To become healthy again.
2. To correct a wrong.

I will work to help our country heal from the impact of the coronavirus pandemic.
Interest
(noun)

A feeling of wanting to know or learn about something.

My interest in medical technology helps me stay focused in science class.
Involvement

(noun)

A feeling of being a part of or participating in an activity, group, or community.

I want my involvement in student government to help empower my friends and classmates.
Joy
(noun)

A feeling of content happiness.

I used to take spending time with my classmates for granted. Now it brings me joy.
Kindness  
(noun)

A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

It’s important for us all to show as much kindness as we can to our friends, family, and classmates.
Motivation
(noun)

A feeling of wanting to know or learn about something.

Personal health and disease prevention is my motivation to be physically active every day.
Optimism

(noun)

A feeling of hopefulness and confidence about the future or the success of something.

I’m looking forward to this school year with optimism and will focus on being the best student I can be.
Positive
(adjective)

Having constructive or optimistic characteristics.

My positive attitude is a choice that I make every day.
Potential
(noun)

The ability to become or develop into something in the future.

I have the potential to change the world and make it better.
Preparation (noun)  
The process of getting ready for an event.

My preparation for tomorrow’s quiz will help me feel less anxious.
Purpose
(noun)

1. The reason that something is done or has been created.
2. A person’s feeling of determination.

A part of my purpose in life is to help my friends and family feel empowered and optimistic.
Purposeful Practice

*(noun)*

Repeated exercises or actions that are focused on building a specific skill or content knowledge.

Learning how to cook like a professional chef takes focus and *purposeful practice*. 
Relaxation
(noun)

A restful state that is free from tension and anxiety.

I felt complete relaxation while I was listening to music through my headphones.
Support
(verb)

1. To give help.
2. To be actively interested in the success of a person, group, or community.

I am here to support my friends and classmates as they work every day to get better.
Surprise
(noun)

An immediate feeling of mild shock caused by something unexpected.

Seeing my friends at the park was a surprise, and I was happy and grateful that they were there.
Trust
(noun)

A feeling that you can rely on or believe something or someone.

I trust my teachers to do their best to help me learn.
Truth

(*noun*)

The quality of being factual and real.

I can write the **truth** about how I feel in my journal because it’s a safe place for me to express myself.
Unique
(adjective)

1. Being the only one of its kind; unlike anything else.
2. Remarkable, special, or unusual.

I am a unique person with something great to share with the world.