

POWERED BY EMOTION

Value The Negative

ACCEPT NEGATIVE EMOTIONS.

All emotions are a healthy and meaningful part of life.

MAKE BETTER DECISIONS.

Negative emotions help us pay attention to detail and problem-solve.

USE YOUR MOOD.

Difficult emotions can be a source of motivation and personal improvement.

GAIN SELF-AWARENESS.

Learn what negative emotions can teach you about yourself.

APPRECIATE THE GOOD.

Experiencing the negative fosters gratitude and empathy.

