

v	Experience Goal Examples	
	Sympathy	To experience an urge to identify with someone's feeling of misfortune or distress
	Kindness	To experience a tendency to protect or contribute to the well-being of someone
	Nurture	Taking care of oneself or others
	Respect	To experience a tendency to regard someone as worthy, good or valuable
	Admiration	To experience an urge to prize and estimate someone for their worth or achievement
	Worship	To experience an urge to idolize, honor, and be devoted to someone
	Love	To experience an urge to be affectionate and care for someone
	Relatedness	To experience you have regular intimate contact with people who care about you rather than feeling lonely and uncared of
	Fellowship	Friendship, communality or intimacy
	Popularity	To experience that you are liked, respected, and have influence over others rather than feeling like a person whose advice or opinion nobody is interested in
	Submission	Being part of a larger structure
	Self-actualizing	To experience you are developing your best potentials and making life meaningful rather than feeling stagnant and that life does not have much meaning
	Self-esteem	To experience you are a worthy person who is as good as anyone else rather than feeling like a "loser"
	Autonomy	To experience you are the cause of your own actions rather than feeling that external forces or pressure are the cause of your action
	Expression	Manifesting oneself creatively
	Dreaminess	To enjoy a calm state of introspection and thoughtfulness
	Desire	To experience a strong attraction to enjoy or own something
	Euphoria	To be carried away by an overwhelming experience of intense joy
	Joy	To be pleased about (or taking pleasure in) something or some desirable event
	Amusement	To enjoy a playful state of humor or entertainment
	Humor	Fun, joy, amusement, jokes, gags
	Enchantment	To be carried away by something that is experienced as overwhelmingly pleasant
	Fascination	To experience an urge to explore, investigate, or to understand something
	Discovery	To find something new or unknown
	Exploration	To investigating an object or situation
	Hope	To experience the belief that something good or wished for can possible happen
	Anticipation	To eagerly await an anticipated desirable event that is expected to happen
	Surprise	To be pleased by something that happened suddenly, and was unexpected or unusual
	Inspiration	To experience a sudden and overwhelming feeling of creative impulse
	Thrill	Excitement derived from risk, danger
	Sensation	Excitement by stimulating senses
	Stimulation	To experience you get plenty of enjoyment and pleasure rather than feeling bored and understimulated by life
	Energetic	To enjoy a high-spirited state of being energized or vitalized
	Courage	To experience mental or moral strength to persevere and withstand danger or difficulties
	Pride	To experience an enjoyable sense of self-worth or achievement
	Confidence	To experience mental or moral strength to withstand or cope with the situation
	Competence	To experience that you are very capable and effective in your actions rather than feeling incompetent or ineffective
	Challenge	Testing abilities in a demanding task
	Competition	Contest with oneself or an opponent
	Completion	Finishing a major task, closure
	Control	Dominating, commanding, regulating
	Relief	To enjoy a calm state of being free from mental or physical tension or concern
	Relaxation	To enjoy the recent removal of stress or discomfort
	Satisfaction	To enjoy the recent fulfillment of a need or desire
	Suffering	Experience of loss, frustration, anger
	Simulation	An imitation of everyday life
	Captivation	Forgetting one's surroundings
	Fantasy	An imagined experience
	Security	To experience safe and in control of your life rather than feeling uncertain and threatened by your circumstances
	Physical thriving	To experience that your body is healthy and well-taken care of rather than feeling out of shape and unhealthy
	Luxury	To experience that you have plenty of money to buy most of what you want rather than feeling like a poor person who has no nice possessions