

## Indicator Flash cards

Feelings of being in control	Feelings of being competent (and seen by others to be competent)
Energetic	Purposeful
Developing oneself	Connecting with others through shared beliefs and outlook
Secure with personal limitations	Experiencing positive emotions and moods
Absence of negative emotions and moods	Feeling even-tempered
Relaxed	Safe and supported within and through social relationships
Optimistic about the future	Feelings of being accepted
Feelings of being confident	Feelings of physical health
Supporting others through social relationships	Feelings of physical comfort
Confidence in and enjoyment of physical activity	Being engaged in a relationship with nature
Feelings of closeness to the natural world	