



Participant Guide

Harness the Power of Positive Thinking

Overview

This empowering webinar is designed to help participants build and sustain a positive mindset. Through practical strategies like reframing negative thoughts, mindfulness practices, and gratitude exercises, attendees will learn how to set positive intentions to overcome negativity and make choices that foster optimism. The session highlights the ripple effect of a positive attitude on teams and co-workers, while emphasizing its benefits: better health, increased resilience, reduced stress, stronger relationships, and greater personal and professional success.

Overview

Today we will ...

- **Examine** negative thinking patterns and explore practices and exercise to combat negativity
- **Learn** practical strategies to build and sustain a positive mindset and optimism
- **Experience** the ripple effect a positive attitude can have on your teams, health, personal, and professional success

Seminar Length: 1 Hour

You Become What You Think

"A man is but the product of his thoughts.

What he thinks, he becomes."

— Mahatma Gandhi, Indian leader

"Neurons that fire together, wire together."

— Donald Hebb, a Canadian Neuropsychologist

Negative Thinking

Are you critical of your work, doubt your abilities, or assume you will fail?



Problems with Negative Thinking

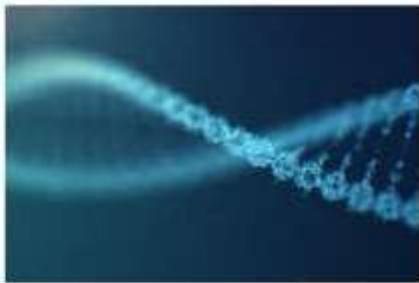
Self-Talk

How we think and what we say to ourselves in our heads can be extremely harmful to our personal relationships, work productivity and performance, and overall quality of life.



Where Does Negative Thinking Come From

- Genetics
- Environment
- Experiences
- Evolution



Types of Negative Thinking

Cognitive Distortions:

Sees a situation in a way that does not compute with the reality of the event.

Unrealistic Guilt:

Consistently feels like everything is their fault;



Types of Negative Thinking

Catastrophizing: Turns one small incident or mistake into a much larger issue, focusing on the exaggerated worst-case scenario.

Over-generalizing: Lets the negative outcome of one event extend into other areas that are otherwise unrelated.



Types of Negative Thinking

Negative View (pessimism):

Thinks negatively about themself, the world, and the future, all of which are inaccurate perceptions and interpretations of reality.

Polarized Thinking (always, never, should): Commonly uses all or nothing thinking and tends to think in extremes.



Creating Positive Attitude

"Positive thinking will let you do everything better than negative thinking."

—Zig Ziglar

"Be positive. Your mind is more powerful than you think. What is down in the well comes up in a bucket. Fill yourself with positive things."

—Tony Dungy

Mindset

Mindset (n):

A set of **beliefs** or a **way of thinking** that determines one's **behavior**, **outlook**, and **mental attitude**.



Steps to Change Your Mindset

1. Learn to hear your negative voices.
2. Recognize you have a choice.
3. Talk back to it with a positive mindset.
4. Take the positive mindset.

Replace Fixed or Negative Mindset

FIXED: Are you sure you can do it? Maybe you don't have the talent.

GROWTH: I'm not sure I can do it now, but I think I can learn with time & effort.

FIXED: What if you fail – you'll be a failure.

GROWTH: Most successful people had failures along the way.

FIXED: If you don't try, you can protect yourself & keep your dignity.

GROWTH: If you don't try, you automatically fail. Where's the dignity in that?

Dialogue Between Fixed & Growth Mindset

As you hit a setback...

FIXED: This would have been a snap if you really had talent.

GROWTH: That is so wrong. Basketball wasn't easy for Michael Jordan and science wasn't easy for Thomas Edison. They had a passion and put in tons of effort.



Dialogue Between Fixed & Growth Mindset

As you face criticism...

FIXED: It's not my fault. It was something or someone else's fault.

GROWTH: If I don't take responsibility, I can't fix it. Let me listen, however painful it is, and learn whatever I can.



Types of Positive Thinking

Optimism

A generalized sense of **confidence** about the future characterized by a broad expectancy that **outcomes** are likely to be **positive**.

Optimism is Your Explanatory Style

The 3 Ps of Explanatory Style

1. **Personalization** → Internal vs. External
2. **Permanence** → Permanent vs. Temporary
3. **Pervasiveness** → Global vs. Local



Optimistic Thinking

PERSONALIZATION**EXTERNAL**

Related to many outside factors

PERMANENCE**TEMPORARY**

Just one moment, it won't last forever

Pervasiveness**LOCAL**

An isolated event related to only this situation

Optimism is Not ...

1. Denial of negative emotions
2. "Whitewashing" negative events
3. Constant cheerful demeanor
4. Unrealistic view of experiences

Harness the Power of Positivity

- Start the day with good thoughts
- Greet everyone cheerfully
- Accentuate positives
- Look at past accomplishments
- Verbalize positive experiences
- Spread good news
- Embrace learner's perspective



Benefits of Positive Thinking

Positive attitude correlates with:

- Greater achievements
- Superior health
- Increased resilience
- Enhanced emotional health
- Increased longevity
- Better quality relationships



Wrap Up

- Negative thinking can be changed
- Positive attitudes can be learned
- Reap the rewards by harnessing the power of positive thinking!



Additional Resources

- <http://mindsetonline.com/changeyourmindset/firststeps/index.html>
- Carver, C. S., & Scheier, M. F. (2000). *Perspectives on personality* (4th ed.). Boston: Allyn and Bacon.
- Seligman, M. (2006). Learned Helplessness. Pocket Books: NY.
- Perry, B.D. Curiosity: The Fuel of Development. <http://caeyc.org/main/conc/proposals/pdfs/handouts%20creativity%20and%20play.pdf>
- Kashdan, T. B., & Steger, M. F. (2007). Curiosity and stable and dynamic pathways to wellness: Traits, states, and every-day behaviors. *Motivation and Emotion*, 31, 159–173. http://search.proquest.com/docview/2000EM_curiosity_wh_and_meaning.pdf
- <http://mindsetonline.com/changeyourmindset/firststeps/index.html>
- The Flourish Center <http://theflourishingcenter.com/>



Cultivating Positivity



| Actionable Strategies | Benefits |
|---|--|
| <ul style="list-style-type: none">• Start the day with good thoughts• Greet everyone cheerfully• Accentuate the positive• Look at past accomplishments• Verbalize positive experiences• Spread good news• Embrace learner's perspective | <ul style="list-style-type: none">• Greater achievements• Superior health• Increased resilience• Enhanced emotional health• Increased longevity• Better quality relationships |

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Designed to uncover, understand, and solve relationship issues, at your own pace or guided by a program coach



Personal
Coaching

Tailored, actionable strategies to achieve personal wellbeing and professional development goals



Financial
Coaching

Money coach helps with money management, tax basics, investing, retirement planning, and building credit

Interested in learning new skills?

Our Relationship is an inclusive online resource that helps couples strengthen their connection, at their own pace or guided by a program coach.

Personal Coaching with a skilled coach includes actionable strategies to help you achieve personal well-being and professional development goals.

Financial Coaching. A Money Coach helps with topics like tax basics, money management, establishing credit, debt reduction, and more!

Questions? Comments

Thank you!

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