

LEVERAGING POSITIVITY FOR SELF AND CLIENTS

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Are you a(n):

- Positivist? Optimist? Glass half full? Idealist? Romantic?
- Realist? Pragmatist? Rationalist? Logician? Practical-ist?
- Negativist? Pessimist? Glass half empty? Cynic? Defeatist?



Optimist



Pessimist



Realist

Let's Talk About Positivity...

Let's Talk About Positivity...

- Rose colored glasses
- Pollyanna
- Naive, ignorant
- Discredited
- Artificial/superficial, inauthentic, insincere
- Head in the clouds

Positivity and Optimism

Positivity

- ▶ Response to and interpretation of life's events, action oriented
- ▶ Acknowledges the full range of human experience
- ▶ Sounds like...
 - ▶ How can I make the most of this?
 - ▶ How can I learn from this?
 - ▶ How can I move forward productively and healthfully?

Optimism

- ▶ Outlook on what's to come
- ▶ Expectation of and perception on how life will be
- ▶ Sounds like...
 - ▶ Everything will work out
 - ▶ I am hopeful about the future
 - ▶ Confidence to overcome challenges

Positivity is...

a choice and a skill!

BEING POSITIVE
IN A NEGATIVE
SITUATION
IS NOT NAIVE.
IT'S LEADERSHIP.

What areas do you or your clients need more positivity?

- Work
 - Family
 - Friends
 - Health and Fitness
 - Self-Talk
-
- What else?

THINKING

RELATIONSHIP SHOW
SUCCESS GOAL ATTITUDE
PHILOSOPHY

MINDSET SATISFACTION CONCEPT
IDEAS HEALTH LIFE TARGET
HUMAN MIND UNDERSTANDING
DREAM POSSIBLE RESEARCHER
OPTIMIST STATE DEVELOPMENT

ASSESSMENT REALISM PSYCHOLOGY
FACTOR OPTIMIZATION
HOPE THOUGHT DEFINITION STYLE
OPTIMISM BEING PEOPLE
FUTURE SITUATION
PURPOSE BRAIN
MANAGEMENT

BELIEVING

POSITIVE

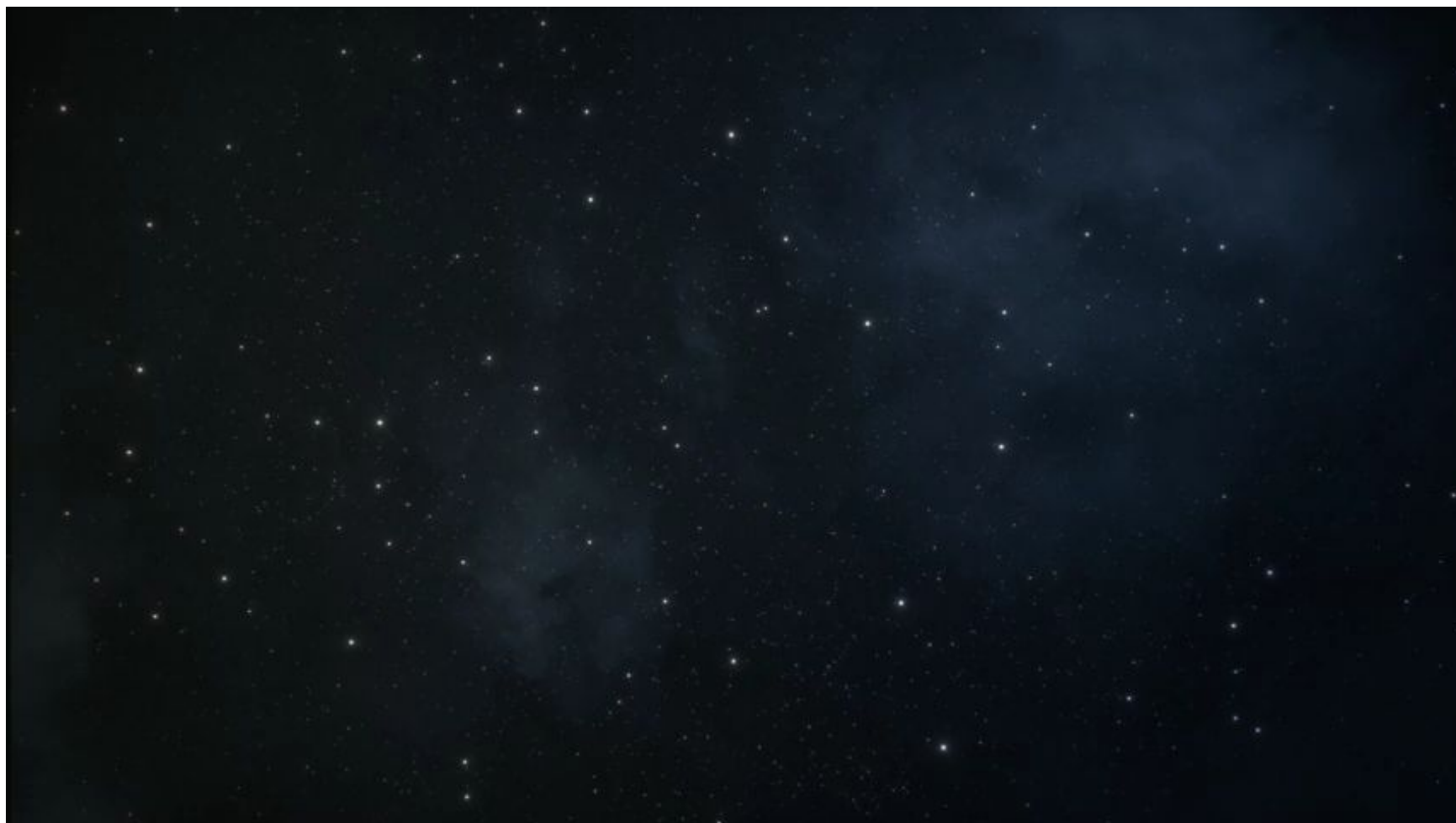
What I've Learned

Thought Leaders

how the brain works, neural pathways, so little is predisposed







**THE ONLY WAY TO REALIZE
POSITIVE CHANGE IN YOUR
LIFE IS BY MAKING CHOICES**

~Kurt A Carlson

3 P's for Positivity

→ Pause

→ Process

→ Proceed

Pause



Process

- What are the facts?
- What actually happened?
- How does this affect me?
- Why does this matter to me (if it does)?
- How do I actually feel about this?
- What control do I have over the situation?
- What is your goal?

Proceed



Self-Reflect

- What's one Pause strategy you want to implement?
- What's a Process question that's difficult for you to realistically consider? Why is it challenging?
- How do you want to Proceed? What is your goal and who are your supporters?

Pair and Share

- How might you apply the 3 P's to a current or past situation?
- What mindset shifts will be necessary for you to do so?
- What can you and can't you control?



Contact me!

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Thoughts?

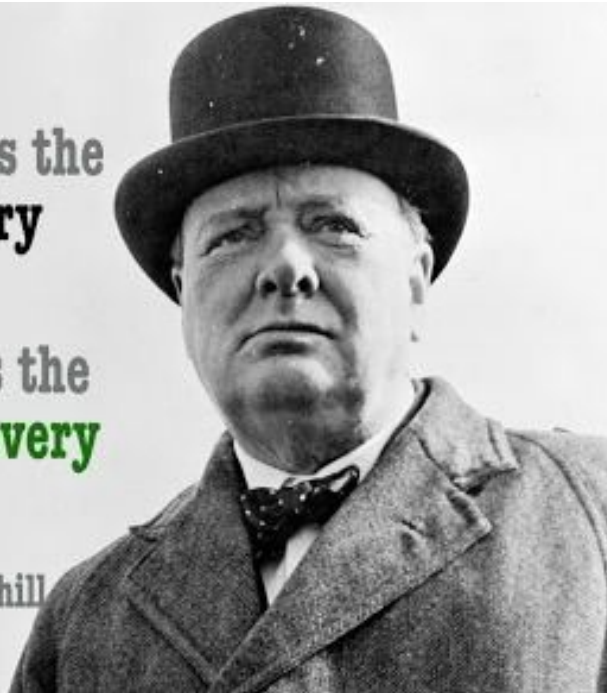
Questions?

What did I miss?

**"A pessimist sees the
difficulty in every
opportunity;**

**an optimist sees the
opportunity in every
difficulty."**

~ Winston Churchill



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

<https://www.psychologytoday.com/us/blog/the-origin-choices/201403/the-only-way-make-positive-change-in-your-life>

It's all relative, sometimes having a positive interaction just means that it's neutralized or you took a step in the right direction, something went not as badly as last time, take your wins

Positivity isn't always about being positive, sometimes its about empathizing, being there for someone, leaving a positive impression, or feeling in others, humor, connecting with others over your love of cheese

Attempt to understand where they are coming from, and if you can't don't force it, we can't all see eye to eye, the timing might not be right, be patient

<http://www.cnn.com/2013/10/11/business/the-science-behind-positive-thinking/index.html>

"[When] people enter a more positive space they become more willing to take risks and make comments," she said "they go into the more difficult conversations and they're more productive."

- <http://www.abc.net.au/radionational/programs/allinthemind/the-scientific-evidence-for-positive-thinking/6553614>
- <http://www.cnn.com/2013/10/11/business/the-science-behind-positive-thinking/index.html>
 - "[When] people enter a more positive space they become more willing to take risks and make comments," she said "they go into the more difficult conversations and they're more productive."
 - "There's certain things that have to be challenged," she said, "certain things that have to be improved you can't just constantly think that everything is going to be fine and positive."
- <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>
 - <https://www.theatlantic.com/entertainment/archive/2013/11/the-stubborn-gladness-of-elizabeth-gilberts-favorite-poet/281158/>

Leading Positivists

- Hear out the positivists, ask why they have the attitude they do, don't discredit them
- Feel what you feel, name it, and move on to a productive focus
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