



Module 1: Think Positively

Module 1 Lesson 2 Exercises

1. Start a journal or take notes so you can document the pivotal moment when you found that golden nugget of positivity.
2. Select specified times throughout the day to hunt the good stuff to see if it makes a difference in your findings.
3. Ask this question of others: “What went right for you today?” Instead of “How was your day?”
4. Remember, it takes five positive experiences to counteract the effect of one negative experience. When you find yourself in a negative situation, here is the response that science recommends:
 - Acknowledge your negative emotion.
 - Accept the situation for what it really is, not what you want it to be.
 - Find five positive things to counter that one negative emotion. When confronted with something that feels overwhelming, sometimes it’s difficult to find something positive in your situation and you have to look hard.
 - Pause after each one to ponder it for twenty seconds. Take the time to think about each positive thought. Let it soak in; don’t gloss over it.
 - Ground yourself in the simple reality that no amount of hassle or worry can rob us of what matters most.
 - Forget about perfection. Learn to live with the unpleasant tasks and get on with the job at hand. Coexist with what isn’t perfect and do something anyway.