



Module 1: Think Positively

Module 1 Lesson 3 Exercises

There are times in life when it feels as though you're in the middle of toilet bowl and about to be flushed. That's how I felt during much of my training at the FBI Academy. I excelled in firearms and academics, but no one else knew those scores. In physical fitness, however, a poor performance is seen by everyone.

Here is an exercise to help you hunt the good stuff—even when you feel you've been crapped on:

1. Find a positive aspect in a bad situation. This is why they call it “hunt” for the good stuff, because sometimes it's hard work to find something positive. It can be big or small, but it's up to you to come up with something positive.
2. Build a positive emotion around the good stuff. The best way to do this is to reflect on the positive. Ask yourself the following questions:
 - Why did this good thing happen?
 - What does this good thing mean to me?



- What can I do tomorrow to enable more of this good thing?

 - What ways did I or others contribute to this good thing?
3. Continue to hunt for good throughout your day. It's important that you don't wait to reflect until the end of the day.

 4. Maintain this thought pattern for 30 consecutive days until it becomes a habit.

 5. Take the "hunt the good stuff" challenge for 30 days and see if you notice any change. Try it at work and with friends—even family, though that can sometimes be a harder nut to crack