



POSITIVE SELF TALK





Objectives

- Background/History
- Pursuing Happiness
- Persuasive Reasons
- Best Practices
- Role Models
- Must Do's and "How To's"
- Case Studies
- Power of Praise

Background/History

- Maslow and humanistic psychology
- Dr. Martin Seligman
 - University of Pennsylvania Positive Psychology Center
 - Past president of American Psychological Association
 - Based upon the idea of the mind-body connection

Pursuing Happiness

- Develop new interests
- Practice self-respect and self-confidence
- Smile
- Be kind
- Focus on what you are good at
- Laugh
- Jump rope, dance, or listen to upbeat music

Persuasive Reasons

- Positive thinking is powerful!
 - Positive thinking positions us to solve problems, to the benefit of ourselves and our support systems
 - You will set goals and achieve them more easily
- Rewire your brain to think differently... we can do anything and everything
- It is contagious!

Best Practices

- Start with 5 positive affirmations every morning
- Expect good things to happen
- Speak positively: “I can,” “I will,” “It will get done,” “I am able to lose the weight,” “ I rock!”
- Filter and rewrite negative thoughts
- Reframe your thoughts
- Dream, hope and anticipate

Role Models

- Oprah Winfrey - From poverty to becoming one of the world's wealthiest women, Oprah Winfrey is one of the biggest believers and supporters of a positive mindset.
- Kurt Kuehn - Started his career at UPS as a driver's helper during the holiday season. Recognized for his hard work and positive attitude, UPS paid for him to finish his MBA and 10 years later, he was promoted to Chief Financial Officer of UPS.
- Samuel L. Jackson- He has been a Hollywood staple for years now, but he'd had only small parts before landing an award-winning role at age 43 in Spike Lee's film "Jungle Fever" in 1991.

Any references to J. K. Rowling were replaced with a mention of Oprah Winfrey.

Must Do's

- Commit to real change in the way you think and act
- Set specific, manageable goals to build momentum
- Practice re-thinking situations until positive thinking is habitual
- Teach the negative people in your life by example
- Do, think, and BE!
- Even and especially when times are the hardest, accentuate the positive

How To Be a More Positive Thinker

- Be aware! – Identify what you think negatively about, and then analyze and evaluate your thoughts
- Practice gratitude... write thank you notes
- Start every day by setting goals for yourself
- Keep a journal to help you reflect and see your thought process on a daily basis
- Try new things... explore your own personal creativity
- Be persistent
- Be a leader
- Have fun and laugh – try laughter yoga
- Eat right and exercise

Case Studies

Company 1: *Zappos*

- They value fun and “being a little weird”
- Offers money to leave the company
- Fast shipping, no cost return

Company 2: *Microsoft*

- Strong feeling of trust in the environment and culture
- Employees appreciate perks such as flexibility and teleworking
- Very innovative which helps job engagement

Case Studies Continued...

Company 3: *Cisco*

- CEO reaches out to ALL employees frequently to share direction and ideas on a company-wide intranet
- Takes pride in a culture focused on communication and collaboration

Company 4: *Starbucks*

- All employees are referred to as “partners”
- Even employees working 20 hours a week are offered a generous benefits package
- Encourages “partners” to make suggestions for the company and take these suggestions seriously

Power of Praise/Gratitude



- Motivates
- Builds strong ties
- Opens up others to new ideas
- Creates a warm culture
- Promotes growth
- Just feels great!

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Questions & Answer

Be Positive

Session Evaluation

