



Mindful Positivity

Gratitude



Gratitude is one foundation of a positive mindset. If you can't be thankful—even for the little things—you won't see things in a positive light. Even during difficult times, being able to find things to be grateful for can be an encouragement to hold on to. On the flip side, during good times, being mindful of gratitude is a great way to not take these times for granted. Curate a list of things you have to be grateful for.



List 5 people

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List 5 things

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List 5 places

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List 5 memories

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Anything else?

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Improve Your Self-Image

A positive self-image can help improve a lot of different aspects of your life. When you feel good about yourself, you're less likely to blame or hate yourself for things beyond your control. For example, instead of beating yourself up for a mistake, you can simply own up to that mistake, fix it if possible, and move on—without all the negative put-downs to yourself.



How do you see yourself?

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Are you happy with your personality?

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How do you feel about your appearance?

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Do you speak to yourself with kindness?

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1 (Rarely) 2 (Sometimes) 3 (Neither) 4 (Frequently) 5 (Always)

What's one step you can take to be kinder to yourself & improve your self image?

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Hobbies



There's more to life than work, eat, and sleep. Hobbies bring us joy. Whether you like to cook, paint, sew, workout, clean, or go out with friends, it's important to always set some time aside for hobbies. Without hobbies, our lives just don't have that same spark of positivity and happiness. It is not selfish to pursue them. Let's make a plan to build in time for your hobbies.



What's your hobby? If you've lost touch with your hobby, what would you love to do if you have some down time?

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Inspect your typical day and week. When are you doing mindless things, like watching TV or social media?
Look for spots to fit hobby time into your schedule.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
From:							
To:							
From:							
To:							
From:							
To:							
From:							
To:							
From:							
To:							

Positivity In The Workplace



It's common for people to not enjoy their work. However, if you go into it with a negative attitude, it can make it that much harder to get through the days. Finding the little things to be positive about can help you make your job a better place for you—and even the rest of your coworkers. There is always something good to see as long as you keep your eyes open.



Do you enjoy your job?

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1 (Not at all) 2 (Sometimes) 3 (Neither) 4 (Often) 5 (Everyday)

What about the people you work with?

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1 (No) 2 (A few) 3 (Some) 4 (Many) 5 (Most)

Do you often complain or join in with complaining about work?

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1 (Rarely) 2 (Sometimes) 3 (Neither) 4 (Frequently) 5 (Always)

List 5 positive things about.

Your job.

The people you work with.

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What's one thing you can do to stay positive about and at work next time you go in?

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Productivity & Procrastination



There are probably a lot of tasks that you don't want to do. But putting these things off only prolongs the feelings of negativity. You're also making things harder for yourself because you're falling farther and farther behind. Thankfully, you can foster a positive attitude around these tasks to help you get them done faster, and save you a lot of stress.



What tasks do you keep putting off?

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What would you enjoy doing or rather be doing instead?

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Can you pair or do them at the same time? If not, what activity is one activity you enjoy that you can pair with this task? For example, if you don't enjoy working out and would rather watch TV, then watch TV while working out.

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Taking On Other's Emotions



Some people can feel and take on other people's feelings. This is what's known as an Empath. It can become overwhelming if not controlled. If the negative emotions of surrounding people affect you, you'll want to learn to ground yourself. It can be anything from prayer and meditation to wearing headphones. Different tricks work for different people, so don't be afraid to be creative and let's start by making a list so you are prepared.



Grounding Tricks To Try

1. Prayer/Meditation
2. Headphones
3. 5 senses method
4. Exercise
5. Laugh
6. Stretch
7. Visualize
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23.

Relationships



Unhealthy relationships can bring in a lot of negativity into your life. Unfortunately, it's difficult to weed out these types of relationships; especially if they are family or long-time friends. It's important to remember that your mental health and overall well-being should come first. If someone is constantly bringing negativity and ill intentions into your life, you may break things off with them.



Name one person who annoys you or rubs you the wrong way.

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Write one thing you can do to distance yourself.

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Write one thing you do or say when they annoy you. (Remember, to be positive you also want to be kind. Being nasty only builds more negative emotions later.)

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Sleep Well



Without a good night's sleep, we slow your whole body down-including your brain. If you feel tired, and you can't think clearly, positive thoughts are not going to come naturally or easily. Let's develop a bedtime routine and schedule to help you get a better night's sleep.



Think about what time you want to wake up, add some room for a startup routine or time for yourself. Count backwards a minimum of 7 hours 15-30 minutes for a bedtime routine. What is your bedtime?

Are you going to sleep at this time or earlier?

Yes No

Earlier, when determining your bedtime, we added an extra 30 minutes for a wind down routine. Do you have one?

Yes No

If not, write a few things you can do in these 30 minutes to "close your day" and to prepare for a restful night. This can be simple things like brushing your teeth, changing into your jammies, meditating for 5 minutes.

It's easy to create a routine and bedtime. Harder to keep it. What's one thing you can do to trigger your bedtime routine above? This could be a simple alarm, or something that routinely happens around that time.

Keep yourself accountable. What happens if you do not keep your routine? Get creative and enlist the help of others. E.g. You would owe your partner a massage.

Making It A Lifelong Habit



Every day, we have opportunities to create, see, and allow positivity to happen. Now that you've put into practice some of these exercises, you have the tools to make it a lifelong habit. Let's condense these exercises into a habit guide you can use daily or when the need arises. For each item below, list 3 things you can do or say...

When you wake up

1.
2.
3.

When you get to work

1.
2.
3.

When you feel pressured

1.
2.
3.

When you start getting angry

1.
2.
3.

When you feel sad

1.
2.
3.

When you start dwelling on things that may or may not happen

1.
2.
3.

Build Your Affirmation List



Affirmations can help when you keep your eyes on the positive when you experience negative emotions or situations. Start collecting them and write them here for easy access in the future.



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